MRS. ALLEN'S COOK BOOK

BY

IDA C. BAILEY ALLEN

BERKELEY
LIBRARY
UNIVERSITY OF
CALIFORNIA

1868

THE LIBRARY
OF
THE UNIVERSITY
OF CALIFORNIA

AGRICULTURE
BEQUEST
OF
ANITA D. S. BLAKE

Anita D. S. Blake.
Berkeley.

Digitized by the Internet Archive
in 2006 with funding from
Microsoft Corporation

http://www.archive.org/details/mrsallenscookboo00allerich

MRS. ALLEN'S COOK BOOK

Mrs. Allen in Her Own Kitchen

MRS. ALLEN'S COOK BOOK

BY

IDA C. BAILEY ALLEN

Editor "Housewives' Forum," *Pictorial Review*
Formerly Editor "Three Meals a Day," *Good Housekeeping*
Lecturer for Chautauqua and the Westfield
Domestic Science Schools

WITH AN INTRODUCTION BY

PROFESSOR LEWIS B. ALLYN

Formerly Chemist of the Westfield Board of Health
Food Editor of *The McClure Publications*

ILLUSTRATED FROM PHOTOGRAPHS BY
T L. ALLEN AND A. E. SPROUL

BOSTON
SMALL, MAYNARD & COMPANY
PUBLISHERS

Copyright, 1917
By SMALL, MAYNARD & COMPANY
(INCORPORATED)

AGRICULTURE

GIFT

Printers
S. J. PARKHILL & CO., BOSTON, U.S.A.

TX715
A437
Closed stacks
circulating
AGRIC.
LIBRARY

TO

MY HUSBAND

WHOSE FAITH AND CONSTANT HELP IS A
NEVER FAILING SOURCE OF INSPIRATION

159

PREFACE

Each year brings me thousands of letters from housewives all over the country, as well as from Canada and Mexico, and many from the old world. Some of them contain requests for recipes, but the majority ask for help in solving home problems of finance, the preparation of food, the saving of time and energy, and the institution of the balanced ration as a means toward economy and better family health. Many others ask about proper service, and what foods should be combined; but not a few contain a little heart-break, and many of them end in this wise, "If I had only been taught how to cook, and how to do housework when I was a girl, instead of growing up in ignorance and selfishness, how much easier my life would be now, and how much more effective I should be as a mother, a wife and a housekeeper!"

In presenting this book the burden of my message is: Let every mother realize that she holds in her hands the health of the family and the welfare and the progress of her husband. It is she who helps to make brain and brawn. There is no magic in the work she does. There are no mortars and pestles, there are no test tubes and Bunsen burners. Her chemicals are foods pure and simple, her equipment, bowls and pans, kettles and a range. With these aids she must evolve a good family health, and in so doing contribute to the health and welfare of the nation.

It is a wonderful thing to be a woman; it is a wonderful thing to be a wife, but most of all it is wonderful to be a mother, and the woman who realizes her privileges and knows that her daily work is not drudgery, but that it is constructive in the truest sense of the word, and who does this work with love and pride in her heart, is fulfilling the highest destiny that a woman can have.

If I were to make a plea, I should ask that every woman in this country, whether she has the vote, or whether she is merely depending upon personal influence, should try her utmost to introduce courses in domestic economy in every school in both city and country, in every prison and in every reformatory.

If I were to put forth a request, it would be that every woman in this country make herself a "pal" and friend of her daughters and her sons, and that from little babyhood up she teach them the interesting processes of home work and cookery, so that there will be a sound foundation for the homes that are to come and an already established knowledge that will make possible glorious home partnership and splendid health for the generations that are to be.

The author wishes to acknowledge her indebtedness to the *Ladies' Home Journal, Pictorial Review, Good Housekeeping,* the *Delineator, Country Gentleman,* the *Boston Cooking School Magazine,* the *North American,* and the *Ohio State Journal* for their kindness in allowing reprints of her various articles which have been published in their columns, and for the privilege of reproducing photographs which have been used from time to time in their pages.

IDA C. BAILEY ALLEN.

INTRODUCTION

A well rounded dietary is the only sensible one. While we should eat to live instead of reversing the process, care in selection and judgment in preparation make our dietetic choice a matter of pleasure and profit as well as of duty.

The chemical composition of the body requires foods of similar composition. The author of this book in a delightfully simple manner has presented the problem so that, generally speaking, the body may extract from the foods the maximum amount of building and fuel material with the least expenditure of dynamic energy.

The housewife who studies these chapters cannot fail to find suggestions adaptable, economical and hygienic.

It will, of course, be understood that no class of food performs a strictly simple function. For example, while proteins are building foods, they also furnish a considerable amount of heat or energy. Likewise, fats and oils furnish energy and, to some extent, assist in tissue-building. In other words, any food is likely to react outside its own class.

Mrs. Allen has expressed in popular terms a simple, workable outline of food combination, well adapted to the needs of the housewife. If her book is carefully followed, the dietary of the average family will be much improved, cost decreased, and a general gain in health experienced.

LEWIS B. ALLYN.

Food Editor of *The McClure Publications*

Contents

PART I

Chapter Page

I The Everyday Chemistry of Food and Cookery 1

II The Diet in Spring, Summer, Fall and Winter 27

III The Children's Meals 40

IV The Problem of the Dinner Pail . . . 50

V The Fine Art of Combining Foods . . . 54

VI Seasonings 66

VII The Equipment and Arrangement of the Kitchen 74

VIII Ranges and Their Operation 85

IX The Short-Cut Preparation of Meals . . 96

X The Service of Home and Company Meals . 116

XI The Chafing Dish 123

PART II

I Measurements 131

II Beverages 133

III Fruits 144

IV Cereals 159

V Eggs and Savory Egg Dishes 170

VI Yeast Breads 188

VII Quick Breads 218

VIII Appetizers 233

IX Soups 240

X Fish 269

XI The Frying of Food 300

XII Meats 316

XIII Savory Sauces 388

XIV Potatoes 397

XV Vegetables 408

Chapter		Page
XVI	THE EDIBLE WEEDS	447
XVII	SALADS AND HOW TO MAKE THEM	453
XVIII	SANDWICHES	498
XIX	DESSERTS	510
XX	SWEET SAUCES	555
XXI	FROZEN DESSERTS	562
XXII	CAKE	583
XXIII	COOKIES, CUP CAKES AND LITTLE CAKES	607
XXIV	ICINGS AND FILLINGS	620
XXV	PASTRY	630
XXVI	THE MAKING OF CANDIES	644
XXVII	CHEESE	661
XXVIII	INVALID COOKERY AND SERVICE	674
XXIX	CANNING, PRESERVING AND PICKLING	687
	INDEX	725

List of Illustrations

Mrs. Allen in Her Own Kitchen . . . . . . *Frontispiece*

FACING PAGE

Table Set for Home Breakfast 36
After-Dinner Coffee Service 36
An Adequate Fireless Cooker 80
A Group of Ice-Cream Moulds 80
An Adequate Steamer 112
Table Set for Informal Chafing Dish Supper 126
Ways to Serve Oranges 146
Ways to Serve Strawberries 146
Curried Eggs in Chafing Dish 178
Swedish Timbales 178
General Utility Wheel-Tray Set for Afternoon Tea Service . 216
Smoked Salmon Canape 234
Peanut Butter Canape 234
Making Soup Stock 252
Lamb Chops 252
Baked Oysters on the Half Shell 270
Tomatoes Stuffed with Shrimps 270
Cold Boiled Salmon with Mayonnaise 294
Fish, Ready to Boil 294
Rice with Onion and Peppers en Casserole 326
Casserole of Lima Beans and Beef 326
Table Set for Formal Luncheon 344
Baked Pork Chops with Apples 360
Baked Sausage with Broiled Sliced Apples 360
Chicken Pot Pourri 374
Chicken Mousse Loaf 374
Baked Potatoes and Potato Rack 398
French Frying Potatoes 398

FACING PAGE
Table Set for Home Dinner 424
An Asparagus Cooker 438
An Improvised Asparagus Cooker 438
Tomato Cream Salad 468
Tomato and Sardine Salad 468
The Picnic Lunch 500
Steamed Christmas Pudding 534
Rhubarb Pudding with Banana Decoration 534
Summer Fruit Cup 564
Ways to Serve Pineapple 564
Colonial Sponge Cake 598
Walnut Cake 598
Dropped Nut Cookies 618
Frosted Ginger Nuts 618
Cheese and Nut Balls 664
Macaroon Bisque 664
Wheel-Tray Set for Invalid Luncheon 684
Table Set for Formal Christmas Dinner 706

MRS. ALLEN'S COOK BOOK

CHAPTER I

THE EVERYDAY CHEMISTRY OF FOOD AND COOKERY

THE BALANCED RATION

Every housewife is the mistress of the destiny of her family. In the foods which she prepares and serves she has the power to build strong, healthy bodies, the bedrock of brilliant minds, to furnish energy for work and life, and to create a reserve against worry and disease. Within her hands she holds the glorious manhood and splendid womanhood of to-morrow.

The balanced ration furnishes the solution of the house-mother's difficult problem in providing the right food for the needs of her family. As usually explained the problem of the balanced ration seems so difficult, technical, and obscure, that the average woman, although anxious to place her cookery on a scientific basis, becomes appalled by the host of technical terms and numerical calculations and finally abandons all attempt at science and falls back into the old routine of unscientific cooking. Nevertheless the problem is really simple, and can be worked out for each individual family by the expenditure of a little time and thought at no extra cost, for the balanced ration tends to reduce the food bills.

But first, what is the balanced ration? It is simply the correct combination into meals of the proper amounts of food and the proper food constituents in such ways as to please both the eye and the palate, appease the hunger, furnish each section of the body the food required for energy, and allow for the storing-up of reserve force against the time of need.

Our bodies are made of many different elements, which, in conjunction with water, combine to form flesh, bone, blood, and so on. But each time a motion is made, a thought flashed in the brain, or even a word spoken, a small part of the body tissue is broken down or exhausted. This waste is carried off through the pores of the skin and by the excretory organs, but there Nature pauses. She cannot mend a break without material, and, just as the plumber needs solder, she requires food to repair the wornout tissues. As the body is so complex, a wide variety of foods is needed in order that there may be sufficient material to repair each part. This is one reason why human beings crave variety in their food and thrive best upon a mixed diet.

The housewife, in working out her food problem, may classify foods in the following six groups of constituents:

1. Proteins, or Muscle-Makers — as beef, lean pork, mutton, poultry, lamb, veal, game, cheese, nuts, milk, eggs, fish, dried peas, dried beans, lentils and milk soups.

2. Carbohydrates, or Fuels — including starches and sweets.

A. Starchy Foods — as potatoes and all starchy vegetables, macaroni, spaghetti, noodles and the like, cooked and prepared cereals, bread, muffins, biscuits, crackers, bananas, cocoa, corn starch and tapioca puddings, cereal puddings and so on.

B. Sweets — as cakes, frostings, candies, rich preserves, jellies, rich breads (as coffee cake), cookies, sweet puddings, stewed fruit, honey, maple syrup and other sugary foods.

3. Fats, or Reserve-Force Foods — as fat ham, pork, bacon, fat fish, sausages, cream soups, full milk cheese, cream cheese, olive-, corn- and peanut-oil, ripe olives, mayonnaise and all salad dressings, rich gravies and sauces, rich pastry, most nuts, suet puddings, fritters and all foods cooked in fat, sweet chocolate, ice cream made with cream, mousse, parfaits and Bavarian creams.

4. Minerals and Acids — as cucumbers, corn, tomatoes, cabbage, celery, egg plant, spinach and all greens, salad plants, prunes, figs, rhubarb and all dried and fresh fruits.

5. Bulky Foods, or Cleansers — as all mineral foods, coarse breads, woody vegetables, gritty cereals and bran foods.

6. Liquids, or Dissolvent Foods — as water, stock and milk soups, broths, tea, coffee, skimmed milk, whey, but-

termilk, fruit drinks, gelatines, water ices, frappés, sherbets and watery fruits and vegetables.

While this classification is only a general one, it is sufficiently accurate and practical to enable any housewife to place her cookery on a scientific basis without any trouble or abstruse calculations. All foods contain certain properties, as proteins possess a small proportion of heat-giving properties, while most carbohydrates contain a trace, or more, of protein. For convenience's sake in planning a balanced ration each food must be grouped according to its predominating characteristic, for the underlying principle in the preparation of food lies in cooking properly the ruling constituent, as protein in proteins, starch in carbohydrates, and so on, at the same time retaining as much of the total food value as possible.

In arranging meals the principal or main dish should usually be a protein food — a roast, baked eggs, a rarebit, or any food from the muscle-making group. Then come the carbohydrates (starches and sugars), the fats (as butter, olive oil and the like), the minerals (in the form of fresh fruits or vegetables) and the bland and "filling foods," listed under the dissolvent or bulky group (as stock soup, gelatine, apples, and so on).

If the wrong foods are prepared and served, it is almost as easy to starve in the midst of plenty, as when there is nothing to eat, and Nature creates a feeling of dissatisfaction which results in a constant appetite, or a craving, for the lacking food. A mother was utterly discouraged because she could not seem to provide her athletic boy of fifteen with enough to eat. One night, after eating ten slices of bread and butter, three helpings of potato salad, six slices of cake, and three dishes of preserves, he was rummaging in the pantry a half hour after supper for "something to eat." She finally decided that he was not being supplied with the right kind of food, so she studied dietetics and the balanced ration, and instituted scientific meals. The boy's appetite became normal almost at once. He was starving on starch, while all his healthy young muscles demanded their portion of protein.

A meal often leaves a craving sense of incompleteness, caused by a similarity in flavor in all the foods served.

A small quantity of any of the vividly seasoned foods furnishes an appetizer. For convenience the foods suitable for use in this way may be termed " esthetic foods," and include all condiments, pickles, green olives, chili sauce, ketchup, crystallized ginger, green peppers, pimentoes, sour oranges and fruits, tart jellies, lemon juice, wintergreen and peppermint candies and so forth. The esthetic touch may be added to any course desirable, although it relieves monotony if it appears midway of the meal. If the esthetic touch is added properly, the whole meal assumes point and every food fits into its niche.

In planning any meal the bulky group of food constituents must predominate in quantity; starches should appear second, the proteins third, sweets fourth and fats fifth, while the liquid group should be sufficient to act as a dissolving agent. In general, two starches should figure in a meal, one protein, one fat besides butter, at least one bulky food, one mineral, or more if desirable, one sweet, and a dissolvent besides water. If foods are apportioned in this way, in quantities of the usual " helping," suited to the occupation and age of each member of the family, second portions will seldom be requested; when each part of the body is receiving adequate nourishment, less food is needed.

The food of each meal should be suitable for the needs of each member of the family. Briefly, the man at hard labor and the active boy from twelve years up require hearty foods that " stick to the ribs "— usually meaning those consuming a long time in digestion; the housewife, active school girls from twelve years on, and men at sedentary occupations need lighter food or that more easily digested; while children from four to eight and old people need a fair quantity of simple food. Children under four demand small quantities of easily digested foods, supplemented by plenty of minerals and milk, while the child from eight to twelve may eat the usual family meal in quantities suited to his growth and activity. No matter whether the income is large or small the balanced ration can always be maintained. It must be borne in mind that beyond a certain point the cost of food is for flavor and luxuries rather than for the necessities of diet.

A day's menu for a family, consisting of a father at clerical work, a mother who acts as housekeeper, an athletic son, a girl of ten, and a child of four, might be as follows:

Breakfast

Coddled Apples, B, 4, 5, 6
Cracked Wheat, A, 5
Light Cream, 3
Baked Eggs, 1
Popovers, A, and Butter, 3
Coffee (for grown-ups), 6

Luncheon or Supper

Cream of Tomato Soup, 1, 6
Escalloped Cheese, 1
Bread, A, and Butter, 3
Lettuce Salad, with Shredded Peppers and Oil Dressing, 3, 4, 6
Steamed Whole Wheat Pudding, A Raisin Sauce, B
Tea, 6

Dinner

Clear Soup, 6
Lamb with Gravy, 1, 3 Boiled Rice, A
Cabbage Slaw, with Minced Mint, 3, 4
Baked Parsnips, A
Sliced Oranges in Jelly, B, 4, 5
Tea, 6

The numbers following each item refer back to the table of food constituents, proteins being called 1; starches A; sweets B; fats 3; minerals 4; bulky foods 5 and liquids 6. Some of the foods may be included in two or more classifications; in this case several numbers appear after each item.

These menus are roughly balanced, and approximate dietetic standards in so far as is practicable. A sufficient quantity of sugar is added in preparing coddled apples to classify them as sweet (B), but at the same time they are mineral (4), ballast (5), and liquid (6). Cream of tomato soup is at once a protein (1), because of the milk it contains, and a dissolvent (6), because it is a liquid. A knowledge of cookery and familiarization with the table of food constituents given above will enable anyone to classify all foods in their relation to the balanced ration.

In these special menus each food constituent appears in correct proportion, and every member of the imaginary family can obtain from them the foods suited to his or her needs. The cracked wheat at breakfast is sufficiently bulky to "stand by" the athletic son, who will doubtless eat steadily through the meal. The father and mother will eat smaller quantities because they are not so active and burn less energy, while the girl of ten will probably be satisfied with a choice of either eggs or cereal. The four-year-old child should be given either eggs or cereal, but not both. Milk is also needed, if the cereal serves as his main dish. As he is too young to eat hot breads, a slice of bread and butter may be substituted for the popovers. The same common sense disposal may be made at the other meals.

PROTEINS, THEIR PREPARATION AND PLACE IN THE MENU

The part which the proteins should play in the balanced ration is the most serious consideration in arranging a diet. If insufficient protein is taken, the body cannot grow or build up the wornout parts; while, if too much is taken, the result is serious disease. As a matter of fact many of the so-called degenerative diseases are traced to too much protein in the diet. So the selection of protein foods involves considerable thought. Another cause for thought is that many foods analyze a large proportion of protein that is not digestible — and we live upon what we digest, irrespective of what we eat. Mushrooms, for example, contain a certain amount of protein, but it is in such form that the body cannot digest it all. The outer layers of certain grains contain considerable protein, yet, as it cannot be assimilated, the nutritional value of this part of the grain is chiefly in the mineral matter which is also present. As these foods contain a large amount of waste material, they are also of value as "ballast" in the diet.

The following foods may be roughly classified as proteins:

Beef, poultry, game, pork, lamb, mutton, veal, cheese, nuts, milk, eggs, fish, dried beans, peas, lentils and milk soups.

All dishes which consist largely of any of these foods also belong to this classification, so that the possibilities of presenting protein in the diet are considerable. Many housewives have the idea that only savory dishes, suitable for the main portion of a meal, are proteins, but this idea is erroneous. Any of these foods, whether in a sweet, a salad, or a soup, is a protein. For instance, dried lima-bean soup, chicken salad, escalloped beef, baked egg custard, cheese soufflé, or nut croquettes are all proteins, and if they are not so considered in the menu, the body may rebel and become heir to the ills attending a diet too rich in protein. This is not difficult when the common error of serving meat three times a day is made. It is obvious that with so wide a variety of protein foods from which to choose there should be no trouble in planning menus in which meat figures but once a day.

The statement is frequently made that the protein value in three eggs, three ounces of cheese, two ounces of salted peanuts, or a pint of milk equals that in five ounces of meat. While this may be true, it is impracticable to serve many of these meat substitutes uncombined, for, unless they are supplemented by some food which serves as ballast, they do not contain a bulk equalling that of meat. Most people feel that the satisfying of hunger consists in eating until the stomach is full, and this cannot be done on a concentrated diet, as overeating and illness result. If the cheese is escalloped with coarse crumbs, the peanuts hash-browned with potatoes, the eggs creamed and served on toast, the milk solidified into junket or enforced with oatmeal or whole wheat crackers, the ballast will be supplied and the body satisfied. The reason that meat substitutes are not more generally used is probably because most women fail to grasp this point, and a single trial of the so-called substitutes, plain or not properly combined, convinces them that "their family would rather have meat" and they turn back to their former ways.

The selection of protein best suited to the menu depends largely upon the family. The more digestible types are advisable for those doing light work, the "heartier," or less digestible foods for those of greater activity.

The digestibility of a few more common foods may be noted roughly as follows:

QUICKLY DIGESTED

(One to three hours)

Milk
Broiled tripe
Turkey
Broiled chicken, lamb chops and steak
Broiled, poached, scrambled and coddled eggs
Baked custard
Broiled trout, halibut and salmon
Boiled cod, halibut and salmon
Salt codfish, baked or creamed
Oysters, raw or baked in shell
Boiled beef

SLOWLY DIGESTED

(Three to five hours)

Pork in all forms
Veal in all forms
Nuts in all forms
Cheese in all forms
Mushrooms
Pot-roast of beef
Casserole dishes
Hard-cooked and fried eggs and omelets
Stews
Fried meats of all kinds
All "made dishes" of meats
Fried fish of all kinds
Mackerel, sardines, canned salmon, and all fat fish
Lentils, peas and beans

This raises the most important point in connection with proteins — their cookery — for it is possible to make a food that is otherwise digestible difficult of digestion by improper cooking, and to make those so-called "indigestible" much more palatable and nutritious by the right treatment. To a considerable extent perfect digestion depends on perfect cooking, and on the same consideration hinges the greatest possibility for absorption of nutriment. Food that is not digested is wasted; a human machine clogged with the wastes of indigestion is inefficient. However, in searching for digestible foods any tendency to "pamper" or "spare" the digestive organs of a normal person should be avoided. The whole body needs exercise — the stomach, liver and intestines, as well as the legs and arms, and, while they should not be overloaded, they should not be given a diet of eggs, milk and predigested foods on which they will become weakened.

The cooking of all protein foods is alike in that they should never be subjected to high temperatures, as this has a hardening effect on the protein element, making it indigestible. If an egg, for instance, is boiled or poached in rapidly boiling water for four minutes, the white becomes opaque and leathery, while, if the time is slightly increased and the egg is immersed in water just below the boiling point, it becomes perfectly cooked, having a jellied, translucent appearance.

It may be given, then, as a rule, that eggs should always be cooked at the lowest possible temperature. If eggs are to be hard-cooked, the only way to avoid the unpleasant chemical changes brought about by the usual prolonged cooking is to put them on in cold water, bring them slowly to the boiling point, boil rapidly for ten minutes, then plunge at once into cold water to stop all further cooking. This is the only case when an egg, as a protein food, should be boiled. Scrambled eggs, as usually served, are leathery and indigestible, because they are turned into melted butter in a pan so hot that the eggs are not only coagulated immediately, but are fried as well. Properly, the mixture should be turned into a cold, thick frying pan, the lump of butter added, and the whole cooked so gently that the result is creamy. Fried eggs and omelets should also be cooked slowly. A perfectly fried egg cannot be prepared under five minutes, while an omelet of fair size needs ten. Custards and desserts of all kinds, containing eggs, should be surrounded by boiling water while cooking, as this keeps the temperature below boiling point. Otherwise they will "curd," or, in other words, the eggs will cook in lumps.

Fish consists of a considerable proportion of protein, yet there is probably no other food so maltreated. The majority of people "do not care for fish," but in how many cases is it ever served other than fried or boiled? If the former method is used, the delicate flavor and texture is usually overcome by the hot fat; if the latter, the fish is "cooked to death." If fish must be fried, let it be in deep fat. The high heat will immediately coagulate the outside protein cells, preventing the escape of juices, while the cold fish will reduce the temperature sufficiently to carry on the process slowly. In boiling (a misleading term) fish should be started in water just at boiling point; for, as the protein of fish is soluble in cold or merely warm water, it will otherwise be lost. If it be wrapped in a cloth and the complete cooking carried on at simmering-point (as with the boiled eggs), the fish will present a "jellied" appearance, be very tender and remain whole. If boiled rapidly, it is not only "cooked to pieces" but the breaking open causes the loss of both flavor and part of the protein. In boiling, the fish should be subjected to high heat only long enough to seal the outside. The same rule also applies to planking. In no case should the process be hurried.

Meats may be cooked in various ways, boiling, broiling, stewing, pot-roasting, braizing, roasting and casseroling being the most common. "Boiled beef," properly prepared, is one of the juiciest and most digestible of meats, but, like fish, it must never be actually boiled. Again, though different in appearance, meat contains practically the same protein as eggs and fish, and, if boiled, becomes tough and leathery. The protein of meats, like that of fish, is soluble in cold water, so they should always be plunged into boiling water to seal, or "sear," the pores, in order to preserve the protein, then simmered gently till done. In this way the juices will be retained and the meat become tender and gelatinized. In preparing a five-pound piece it will be necessary to increase the time of cooking about an hour over the old method. The fireless cooker is a successful medium for preparing tough meats, because it necessitates a slow process. The resulting stock will be thin and rather "flat," because the flavors have been retained in the meat, which is of first importance. In stewing, on the other hand, the meat and liquor are of equal importance; so the meat is immersed in cold water, and brought slowly to the simmering point, in order to make the broth of strong flavor. In this way the juices are divided between the meat and the broth, making the stew more palatable. Casserole cooking is merely baking a stew in an earthen dish. Pot-roasting is modified boiling, the meat being first browned or seared all over in fat to keep in the juices, then added, with the vegetables and spices, to boiling water sufficient to cover it half over. It should never boil.

In broiling or pan-broiling, meat should be subjected to heat sufficient to sear it quickly, then turned immediately to sear the other portions, lest the juices escape. As most meat for broiling is cut crosswise, the fibers containing the meat fluids are left exposed. Unless the searing be quick and complete, these juices will escape, the result being a flat, tasteless meat. If, however, the searing is thorough, and the meat is turned frequently, the juices run back and forth in the fibers, which expand with the heat until the meat assumes a puffy appearance. In roasting, meat is exposed to a very hot heat till seared all over, then finished at a lower temperature.

Cheese is another protein that requires careful cooking. It consists largely of casein, the protein of milk, and, like all the other foods in this group, is rendered indigestible by high temperatures. This is the reason it disagrees with many. If baked, it should always be set in a pan of hot water; if in a rarebit or cheese sauce, it should be cooked in a double boiler; either method keeps it below the boiling point. In case it is to be added to soup or macaroni, the dish should be fully prepared before the addition, the heat being sufficient to melt the cheese. If served plain, it should be finely shaved, or cut in small pieces, and some bulky food should always accompany it.

Dried peas, beans and lentils should always be soaked several hours before cooking, thoroughly rinsed, and then simmered until tender. Again, it takes slow-cooking to make the protein digestible. A little baking soda, added while cooking, aids in softening the husks and overcoming the gases that frequently attend the eating of dried vegetables.

CARBOHYDRATES AND FATS

THEIR PREPARATION AND PLACE IN THE MENU

Just as the protein builds muscle, the carbohydrate fulfills the great mission of acting as fuel for the body, thus providing heat and activity and energy for work. Without this food constituent, the body would become lazy, chilly and inert, while oxidation — digesting — could not take place.

The list of carbohydrates — which includes both starches and sugars — is extensive. The following foods may be listed as starches: All vegetables which contain a noticeable amount of starch and sugar, as white potatoes, sweet potatoes, carrots, parsnips, beets, melons, sweet corn, and squash; all cereals, both ready-to-eat and cooked, including rice, samp, macaroni, spaghetti, vermicelli and noodles; bread, all muffins, biscuits and crackers; bananas and corn starch; arrowroot, cereal and tapioca puddings. Sugars include all foods made very sweet: as cakes, most pies, frostings, candies, rich preserves, stewed fruits, jellies, sweet puddings, rich breads (as coffee cake), cookies, Barbadoes or other molasses, honey and maple and corn syrup.

This classification must not be misunderstood, for it is only general in scope. Most carbohydrate foods contain some protein and some fat. A cake made from eggs — which contain both protein and fat — will contribute a proportion of both constituents to the dish.

Starches in the raw state are largely indigestible and cannot be absorbed by the body. Thorough cooking converts the starch into a sweet substance similar to sugar and renders it digestible. In case the cookery is incomplete, as in half-cooked cereals, the starch, instead of being used in the body, goes through the digestive canal, irritating the stomach and intestines and frequently causing accumulations of gas. Just as plain starch cannot be prepared for laundry purposes without the addition of boiling water to burst the grains, so is this addition necessary in cooking all starchy foods, unless they contain a large amount of water in themselves. For this reason cereals cannot be cooked without the medium of water or other liquid, while potatoes, which are composed of considerable water, can be cooked either with or without water.

Cereals are the cheapest and most nourishing of the fuel foods. As they consist of approximately three-fourths starch, they are distinctly carbohydrates, although oats, wheat, rye and corn contain about ten per cent of protein, and even rice, though mostly starch, has eight per cent of protein.

Bread. both ordinary white and whole wheat, contains so large a percentage of starch that it must be classified as a carbohydrate. Bread has a place peculiarly its own in the diet, but when enormous quantities are consumed at a meal it denotes one of two things — it is eaten through custom or because the meal is unbalanced.

In considering sweets, the place of pure molasses, honey and maple syrup should be noted. They are wholesome foods, and a meal supplemented by warm biscuits and honey, or browned mush and syrup, instead of the usual heavy dessert, is not only more wholesome but more enjoyable. Pure candy deserves a place in the diet, and, when properly used, may supplement the menu. Sugar is a source of quick energy, and, often, a little plain candy or sugar water acts as a restorative in cases of fatigue. If a stick of candy is occasionally given to the child after school, with coarse oatmeal crackers, so that he will not eat too rapidly, he is furnished with quick energy in an absolutely harmless form. But if candy is eaten just before a meal, the appetite is sated by the sweet, and the regular food may be refused.

Stewed fruits, either dried or fresh, jellies and preserves, may be considered as sweets on account of the sugar they contain. A little thought shows that the too frequent supper of bread and butter, cookies, cake, preserves and tea, served so largely in country towns, is made up mostly of carbohydrates. Yet in many families it is served the year through. In most households the tendency is towards too much carbohydrate, which is liable to bring about auto-intoxication and obesity. Up to a certain point the body needs starch, but when an oversupply begins to be stored up as fat, the danger of obesity begins.

FATS

Fat is an important food constituent for it is the greatest source of latent or reserve energy, yet there is probably no other item of the diet so generally disliked.

From the time a child is old enough to be given meat he generally refuses even to taste the fat, and the mother, instead of coaxing him to eat, often cuts off the "offending" morsel, little realizing that she is depriving her child of a great essential of his food.

In the fat, or reserve force, group we find the following foods: fat ham, pork, bacon, fat fish, sausages, cream, butter, oleomargarine, cream soups, rich cream cheese, olive-, corn- and peanut-oils, mayonnaise, and all salad dressings, almonds, peanuts and other nuts, rich gravies, ripe olives, hard or cream sauce, all kinds of rich pastry, suet puddings, fritters and all grease-cooked foods, chocolate, ice cream, mousses, Bavarian creams and parfaits.

Fats must always be broken up or emulsified before they can be digested. The normal body is so constituted that it does not crave large quantities at a time. So fats are generally served in combination — olive oil being cut by lemon juice or vinegar in a French dressing, butter spread on bread, eggs served with bacon, cream with shortcake and apple sauce with fat pork, Nature always calling for a balance.

As fat is the last food constituent to be acted upon by the digestive organs, it may be readily seen why this becomes the reserve force element of the body. Any food cooked in it cannot be digested until Nature has broken up the fat cells. An omelet, fried eggs, fried steak, doughnuts, croquettes and the like are not easily available for the body's use until the fat has been acted upon. Pastry, cake and suet puddings rich in fat are equally slow of digestion, for the fat is so blended about the grains of flour and other ingredients that it must first be dissolved before they can be utilized. Foods cooked in fat remain in the digestive tract from one to two hours longer than is ordinarily necessary. This overtaxes the whole system, and, if such foods are eaten persistently, results in pallor, eruptions on the face, and a general air of lassitude. This does not mean that fried foods should be excluded from the diet, but that they should be served in moderation.

In health all fats in reasonable amounts are digestible in the following order: good butter, cream, olive oil, peanut- and corn-oils, oleomargarine, beef fat, and the various pork products.

In frying, fats are usually heated to the smoking point, when they break up and some of the products evolved are irritating to the intestinal canal. This is why burned butter is unwholesome, and why doughnuts and other foods fried in lard heated to the smoking-point are indigestible. Animal fats smoke at a much lower temperature than do vegetable oils. For this reason the vegetable product is a much better medium for frying. Olive oil is the best, prepared vegetable cooking oils come second, while lard and beef fat are the least desirable.

In various experiments carried on to ascertain whether deep-fat frying or sautéing (frying in a small amount of fat) is preferable, the former method has proved to be the more economical, and the products more digestible, because approximately one-fourth less fat is absorbed into the foods. To be fried in deep fat, foods must contain enough egg instantly to coagulate them (as fritters), or else be coated with a thin layer of egg or dissolved gelatine (as croquettes). The surface is then instantly sealed, and the fat will not be absorbed to any great extent.

MINERAL, ACID AND BALLAST FOODS

Mineral, acid and ballast foods are so closely connected that they really belong to the same group, and are separated only for convenience in planning the balanced ration. They include all bulky, watery vegetables, as onions, corn, cucumbers, carrots, cauliflower, celery, eggplant, radishes, spinach, and all greens; asparagus, string beans, salad plants, prunes, figs and rhubarb; all fresh fruits, coarse breads, cereals made from undenatured food products, as whole wheat meal, oatmeal, home ground cornmeal and brown rice.

The term "minerals" is so little understood that the importance of this constituent in the diet is usually overlooked or left to take care of itself. The body averages seven pounds of mineral matter, five-sixths of which is found in the bones, the remainder being distributed throughout the tissues, where it performs important duties in assisting to oxidize, or burn, the food, carry off carbon dioxide (the by-product of oxidation) giving life to the nervous system and pliability to the muscles. In fact life cannot be carried on without mineral, and, just as there is crop failure if land lacks phosphorus or some other necessary constituent, the body droops, grows pale and finally ill, if deprived of any of these minerals. Lime, for instance, is essential to digestion, and, strangely enough, has a great affinity for sugar. In case many sweets are eaten and not enough lime, the body begins to call on its own store to combine with the sugar, gradually the lime is sapped from the teeth, and decay is apt to begin. Life itself cannot be carried on without iron, for the little red corpuscles of the blood cannot refresh, or reorganize, the body without it. When iron is deficient, pallor, lassitude and, finally, anemia may set in. The body cannot lack any one mineral and expect the others to carry on their work effectively. But if a balanced diet is used and the vegetables and fruits are carefully prepared, the body will be supplied with all the mineral matter necessary. On such a diet little thought need be given to the matter of minerals and salt will be the only one which will have to be added.

As all vegetables contain a variety of minerals, it is somewhat difficult to classify them as being rich in any particular one.

Lime is found in all cereals and predominates in brown rice, as well as in radishes, apples and spinach; while iron has a definite place in apples, lentils, strawberries, cabbage, spinach and string beans.

It will be noticed that in classifying cereals the word "undenatured" is prefixed to wheat, oatmeal, cornmeal and brown rice. When a cereal is "denatured," one or more of its valuable elements have been removed. When wheat is made into white flour, a portion of the mineral is sacrificed. A similar loss is sustained when the heart and outer husks are removed from corn. Rolled oats and polished rice suffer in like manner. In this way the body is really deprived of several of the most important food elements, and, if these special denatured foods predominate in the diet, mineral starvation results.

Too much emphasis cannot be laid on the necessity of supplying minerals in the diet for prospective motherhood. The body is then taxed to the utmost to supply not only itself, but the food essences needed for the new life. In this case, as with the child, the diet should be over-rich in minerals, as, otherwise, the bony structure of the coming baby will suffer, while the mother will be robbed of her own supply of body minerals to give to the child. The decay of the teeth of the pregnant mother is largely due to the lack of lime and phosphorus in the diet.

Fruits, like vegetables, are both mineral and ballast foods. They also convey to the body various acids which are combined with minerals in such a way as to play an important part in maintaining health. As digestion transforms these acids into alkalis, they cause the blood to become alkaline and the urine less acid. The differing flavors of fruits are due to these acids, in part, but more to the presence of small numbers of little bodies which almost elude investigation. While these are of no great nutritive value, they give the fruits pronounced flavor and make them valuable stimulants to the appetite and aids to digestion, because they excite the digestive juices.

Fruits in their raw state have a much greater tonic-value, but as they are indigestible to many people, it is often necessary to cook them. Unless the liquor or medium in which they are prepared is served with them, they suffer great nutritive loss. The skins should be retained as far as possible, as many of the mineral salts are found just beneath the surface and are lost when the fruit is pared. Whether raw or cooked all fruits should be served with less sugar than is the usual custom. Fruit drinks offer an opportunity to introduce acids and salts into the system; any fruit, from peaches to grapefruit, is adaptable, either alone or in combination. Again, these drinks should not be served too sweet, or the direct value is thwarted. Uncooked, acid fruits, however, should not be served in combination with starchy foods, as they frequently cause indigestion. Many a person has suffered for years from flatulence through eating both raw, acid fruit and cereal for breakfast.

Figs, prunes and bananas should be classed as food fruits, rather than mineral fruits. Both figs and prunes contain so much sugar that they are listed under carbohydrates, although their mineral content is high. Both are ballast foods and very laxative. The banana is largely starch, so it also is classified under carbohydrates. As it is almost impossible in the north, to obtain bananas fully ripened, they should be served cooked, as otherwise, the starch is often indigestible. In any case the outer surface should be scraped off until the banana becomes slippery.

To manufacture foods that are concentrated, so that the body may acquire its nourishment without dealing with bulk, has been the subject of many experiments. But it has been proved that the body must have bulk in order to stimulate the digestive organs to sufficient activity, and to clear or "sweep out" the intestines.

Most vegetables and fresh fruits contain so much cellulose that they are invaluable as ballast foods. Favorite refreshments a century ago were apples and nuts. This is a perfect combination, as the bulk of the apple satisfies the appetite and prevents the eating of too many nuts. If heeded, this simple rule of using bulk to supplement concentrated foods will do much towards producing better health. Bulky cereals, as whole-wheat meal, corn- and oatmeal, are splendid ballast foods, and, in cases of auto-intoxication or constipation, should be used to replace ordinary flour in making bread. All of the ballast foods should be used freely in either case.

The dissolvent group includes several of the foods classed under minerals and bulk, as well as others which contain an abundance of liquid. Under this heading we find watery fruits and vegetables; gelatines, water-ices, frappés and sherbets; buttermilk, skimmed milk, fruit drinks, tea, coffee, water and stock and milk soups. About two-thirds of the body's weight is due to water. Approximately four and a half pints are given off each day in the waste and exhaustion, a portion of which is actually manufactured in the body tissues, the remainder coming from food and drink. Roughly speaking, in order to maintain the fluid balance for a day, at least two quarts of liquid should be taken by an adult, besides that contained in the food. In case the diet is overheavy in meat and protein, more will be needed to carry off urea and other products of protein waste than when it is largely vegetarian or balanced.

THE CALORIES AS A BASIS OF FOOD VALUES

To the average housewife the modern literature on food, with its terms and calculations far removed from her experience and knowledge, reads so much like a textbook of mathematics, that at the mere mention of "calories" she metaphorically "throws up her hands" and banishes all further thought of scientific cookery. As a matter of fact many of the discussions of food, which involve the question of calories and the resulting calculations, are absolutely impracticable for ordinary use and overlook certain fundamental conceptions in the question of dietetics. For example, through the experience of years housewives have built up a series of food combinations which, when examined according to scientific standards, prove to be properly balanced in regard to the various foodstuffs and to have the approximate number of calories to provide a sufficient diet. We find, for example, meat is served with potatoes almost universally, an approximate balance of foodstuffs, or rather a start towards that end. In other words the experience of the household has shown that certain combinations and certain amounts of food keep the family in health and furnish the necessary material for repair of the body and for growth. What the scientists have been doing in the past generation has been to check up practice and place it upon a formal basis so that rules for diet might be formulated.

Now to make it possible to eliminate guess-work from cookery and dietetics and enable us to figure out the whys and wherefores of the customs of the kitchen with absolute accuracy it was necessary to invent new terms. So it came about that "calorie" appeared. There is nothing especially complicated about this term and any housewife, in spite of her doubts and apprehensions, can easily acquire all the fundamental conceptions which it needs to add to her considerations in diet. "Calorie" is simply a term of measurement to show how much value a food has in the work the body has to do. The housewife, through practice, is entirely familiar with a gas bill made out in terms of "feet" and probably with an electric light bill in terms of "kilowatts"; also that the automobile is said to have so much "horse power." Few of us could give an accurate definition of these terms, but we accept them as the measure of our gas or of our electric light bill, or of the power of the car, without much thought or consideration. So a calorie is a similar unit of measure, only this time applied to our food. If a scientist is asked for the meaning of the term he will say that "it is the amount of heat which will raise the temperature of so much water so many degrees." He would, however, probably speak more precisely and say the amount of heat which will raise a pound of water four degrees Fahrenheit, but all one needs to know to apply the knowledge "calorie" represents to the household is that each food contains so many calories and we must have about so many of them in our daily diet.

In short, calorie means heat and in this definition we see again that science is merely verifying an ancient tradition based on the knowledge gained from experience. "Cool as a cucumber" is a phrase as old as the hills, but the new science of food values proves its accuracy. The cucumber is cool — lacks heat — for it takes a pound to supply seventy calories. Then we all know the nursery rhyme, "Pease porridge hot," and science shows that it is hot, for dried peas supply us with 1655 calories per pound. And "pease porridge cold, pease porridge in the pot nine days old" is merely another way of saying that the heat units are all there after nine days.

But these facts need in no way confuse us, for it is entirely unnecessary and impracticable to figure out exactly and absolutely the calorie content of each article of diet and the amount of total for the day. The most efficient results will be attained by fixing firmly in the mind the general proportions and general values of the different articles of food and checking up the family ration, roughly, from time to time. The principles of the balanced ration set forth in the preceding pages are, as a matter of fact, entirely sufficient for the introduction of scientific cookery into the household, but a notion of the caloric basis of "food values" is doubtless a help in understanding the problem most thoroughly.

As we need so many feet of gas to run the oven in the gas stove for baking, so we need so many calories of food value to run our bodies each day. Perhaps it is easier to understand the application of the calorie if we consider that a large slice of bread, a large potato, an ordinary pat of butter, a shredded wheat biscuit, two ordinary graham crackers, or a small lamb chop each furnishes approximately one hundred calories in the daily ration. With these measures as a basis it is not so difficult to understand what is meant by saying that the average adult needs from 2500 to 3000 calories in the food of his daily ration. We all know from experience and observation that a woman neither requires nor eats as much food as a man and her requirements have been estimated at about two-thirds that of the man. Another way of figuring is that the body needs so many calories for so much weight, and this brings the same result for a woman on the average obviously weighs less than a man. So children require less food than the adult and so on. The requirements for food which the scientists have laid down simply put into mathematical form the facts most of us have known and put more or less into practice.

A rough estimate of food requirements is about as follows:

A man without work	2450 calories
A man doing moderate work	3000 calories
A man doing hard work	from 3400 to 5500 calories

At first glance it may appear that there is not the expected difference between the requirements of a man doing little work and one doing a great deal. But we must remember that the largest part of our food is used up in the unconscious activities of the body. Even when we are asleep the body is using up the energy derived from the food so that the unconscious demands require a considerable supply of food in themselves. Another vagary of the bodily mechanism is that brain work requires little or no energy from our food. This is why professional men should limit their food intake far below that of the day laborer.

Perhaps the matter of the amount of food required may be summed up by saying that the average man needs from three to four pounds of food a day — this, of course, including bulky foods of a low caloric value — proportioned according to the principles of the balanced ration. For it is not sufficient that the food total the 2000 or 3000 calories required; they must be proportioned properly among proteins, fats and carbohydrates. Most of the dishes which appear on our tables combine the foodstuffs in some proportion or other. One has only to glance at a steak, for example, to realize that it must contain fat in addition to the protein which is its preponderating element. It is now believed that the food elements should appear in about the following proportions: 16⅔% protein, 25% fat, and the balance, or 58½%, carbohydrates. In other words we should eat half as much again fat as protein and two and a half times as much carbohydrates as fat. The principal point of difference is about the protein, some authorities contending that eight per cent of protein in the diet is sufficient.

But in estimating the demands for the three foodstuffs it should be remembered that all the food which we take in is not available, only about three-quarters of the protein, for instance, being used in the body, so that a certain excess beyond the theoretical requirements is probably desirable.

From the foregoing we may estimate the daily food demands as follows:

DAILY FOOD REQUIREMENTS

Adult of 150 pounds	*Total calories*	*Protein*	*Fat*	*Carbohydrates*
At rest in bed	1800	300	450	1050
Slight activity	2200	366	550	1284
Light work	2600	433	650	1517
Moderately hard work	3000	500	750	1750
Very hard work	3400–5500	566–916	850–1350	1984–3234

Children require more food in proportion to their weight than adults. Their requirements are about as follows:

Age 0– 6 months ....400– 800 calories

6–12 months	800 calories
2 years	900 calories
4 years	1200 calories
8 years	1400 calories
12 years	1600 calories

The following table gives, roughly, the approximate constituents of the principal foods. In calculating food values it is necessary to know that an ounce of protein produces about 120 calories; and an ounce of carbohydrates about the same, while an ounce of fat produces over twice as much, or approximately 260 calories.

TABLE OF FOOD VALUES

Food	*Calories per pound as purchased*	*Calories of Protein*	*Calories of Fat*	*Calories of Carbohydrates*
BEEF				
Brisket	1165	235	930	....
Chuck rib	755	305	450	....
Flanks	1185	365	820	....
Porterhouse steak	1110	375	735	....
Sirloin steak	985	325	660	....
Tenderloin	1330	320	1010	....
Plate	1200	255	945	....
Ribs	1110	280	830	....
Round	745	375	370	....
Rump	1065	300	765	....
Forequarter	905	280	625	....
Hindquarter	950	315	635	....
Soup stock	170	110	60	....
Heart	1160	310	850	....
Liver	555	395	110	50
Tongue	545	275	170	....
Roast, cooked	1620	435	1185	....
Round, cooked	840	540	300	....
Corned	1270	280	990	....
Tripe	270	225	45	....
Dried	780	515	265	....
VEAL				
Breast	645	300	345	....
Leg	585	360	225	....
Cutlets	705	395	310	....
LAMB				
Leg	1130	310	820	....
Chops, cooked	1470	360	1110	....
Roast, cooked	900	385	515	....
MUTTON				
Leg	900	225	675	....
Roast, cooked	1420	490	930	....

TABLE OF FOOD VALUES — *Continued*

Food	*Calories per pound as purchased*	*Calories of Protein*	*Calories of Fat*	*Calories of Carbohydrates*
Pork				
Fresh ham	1520	280	1240	....
Chops	1340	260	1080	....
Pigs' feet	365	80	285	....
Ham, smoked	1670	285	1385	....
Bacon	2685	185	2500	....
Sausage	2125	250	1875	....
Poultry				
Chicken, broiler	295	250	45	....
Fowls	775	270	505	....
Turkey	1075	330	745	....
Fish				
Bass	200	165	35	....
Catfish	915	225	690	....
Cod	165	163	2	....
Eel	580	290	290	....
Haddock	165	163	2	....
Halibut	470	300	170	....
Mackerel	365	225	140	....
Salmon	600	275	325	....
Lobster	150	90	60	....
Eggs	720	260	460	....
Butter	3605	20	3585	....
Cheese				
American	2055	560	1495	....
Cottage	510	400	35	75
Neufchatel	1520	365	1130	25
Roquefort	1700	440	1210	50
Milk	325	65	165	95
Cereals				
Barley, pearled	1650	60	10	1480
Buckwheat flour	1620	120	35	1465
Cornmeal	1545	140	170	1235
Oatmeal	1860	300	290	1270
Oatmeal, boiled	285	50	10	225
Rolled oats	1850	320	270	1260
Rice	1630	150	10	1470
Wheat flour, entire	1675	260	80	1335
Wheat flour, graham	1670	260	90	1400
Wheat flour, white	1650	210	40	1400
Macaroni	1665	260	30	1375
Spaghetti	1660	230	15	1415
Bread, brown	1050	100	75	875
Bread, corn	1205	150	190	865
Bread, rye	1180	175	25	980
Bread, white	1215	175	50	990

TABLE OF FOOD VALUES — *Continued*

Food	*Calories per pound as purchased*	*Calories of Protein*	*Calories of Fat*	*Calories of Carbohydrates*
CAKE				
Baker's	1370	120	180	1070
Coffee	1625	125	300	1200
Fruit	1760	100	400	1260
Gingerbread	1670	100	390	1180
Sponge	1795	110	440	1245
Sugar cookies	1920	125	435	1360
Doughnuts	2000	130	870	1000
PIE				
Apple	1270	60	400	810
Mince	1335	110	500	725
Squash	840	50	300	490
CANDY	1600	...	...	1600
CORN STARCH	1675	...	...	1675
SUGAR	1860	...	...	1860
VEGETABLES				
Asparagus, cooked	220	40	135	45
Beans, Lima, green	255	60	10	185
Beets, cooked	185	45	40	100
Cabbage	125	25	10	90
Carrots	160	20	10	130
Celery	70	15	5	50
Corn, green	180	18	16	146
Cucumbers	70	13	8	49
Onions, cooked	190	18	77	95
Parsnips	240	25	16	41
Peas, green	255	70	8	177
Potatoes	310	35	5	270
Potatoes, boiled	440	50	5	385
Spinach, cooked	260	40	170	50
Tomatoes	105	17	16	72
Turnips	125	17	5	103
APPLES	220	5	10	205
BANANAS	300	17	17	366
CRANBERRIES	170	7	23	140
ORANGES	170	12	5	163
PRUNES	255	20	...	235
STRAWBERRIES	175	17	23	135
NUTS				
Almonds, edible part	3030	410	2275	345
Chestnuts	1125	120	225	780
Cocoanut, prepared	3125	125	2375	625
Peanuts, edible	2560	500	1600	460
SOUPS				
Beef	120	85	15	20
Bouillon, canned	50	40	5	5
Chicken, canned	100	70	5	25
Pea, canned	235	70	30	135

But it is not sufficient that the diet contain the necessary number of calories, properly distributed among the proteins, carbohydrates and fats, that there should be a sufficient bulk to insure the normal functioning of the bowels, and a proper amount of water and minerals, for scientists have discovered that certain mysterious substances, vitamins, are also necessary and vital to health. What these substances are we do not know, but they appear to be present in fresh foods, as meat, eggs, milk, and vegetables, and removed in the processes of manufacture of many foods. It is necessary, therefore, that fresh foods be included in the diet to provide these substances; another argument in favor of the balanced ration.

CHAPTER II

THE DIET IN SPRING, SUMMER, FALL, AND WINTER

If a family is fed a ration regulated according to the principles of balance, and deluged with the three other great foods — sunlight, air, and water — seasonal evils associated with foods will amount to little, and the family will be immune to many of the ills which arise when the principles of dietetics and hygiene are neglected. But in many families custom so largely regulates the menu according to wrong principles that spring fever and the like are very real conditions.

The usual winter diet, for example, consists of greasy foods, such as sausages, fried bacon, roast pork and pork chops — too many sweets, pie and rich cake — with a scarcity of fruits and vegetables, and so is responsible for the ills associated with spring. The over-fed body rebels against the cloying diet, impoverished blood shows itself in anemia and blotched skin, pale cheeks are the guiding posts to tired stomachs, and the weary liver manifests itself in overpowering sleepiness. The old-time disease, "spring fever," tinges the beauty of the early spring days with melancholy sickness and ill-temper.

A late March visit to a city school showed vividly the general tone of the system at this season, where proper dietetic principles had been neglected. The building was situated in a good locality, and the children were from well-to-do families. The pinched, wan faces, dull eyes, yellow skins of the pupils and the general atmosphere of lassitude which prevailed throughout the building was appalling. "I cannot do anything with them," said the discouraged teacher. "They will not respond; they are either too tired or too lazy." "Spring fever," or, more scientifically, the ills of spring, had gripped the children in a relentless grasp and showed its insidious presence in auto-intoxication, or the poisoning of the body through its own waste.

These ills are mainly due to improper diet. In the spring the hearty winter foods must be forgotten, and replaced by lighter dishes, rather than by adding the latter to meals already too heavy. A well known physician once remarked, "In treating disease diagnosis comes first, diet second, and medicine last." So the house-mother must learn not only how to get her family well, but how to prevent illness due to improper food. Unfortunately the housewives who have attained this knowledge, or apply it to every-day living, are few — and it takes the doctor with attendant medicines to bring the family into a normal state. His bill, by the way, goes into the family budget, an unnecessary item, blamed to the high cost of living! Such phrases as "biliousness," "gas in the stomach," "face broken out," "paleness," "anemia," "constipation," "touch of rheumatism," "colds," are conditions which are closely related to diet, as the house-mother who understands the importance of diet in disease is aware.

If the body acquires the habit of eating over-hearty foods in winter, a change of diet, like the gradual transition from winter to summer clothing, should be made slowly. This not only accustoms the body to a new régime, but possesses the added advantage of bringing about the change so insensibly that all danger of disagreeable comment from the family is obviated. It must always be borne in mind that, while a person is well and active, the same relative amount of food is needed by the body throughout the year, and that the difference between winter and summer diet, for example, lies not in quantity, but in judicious substitution.

Of all the digestive organs the liver is the busiest. It has been named the "clearing house of the body," for it is there that much of the cleansing of the blood is done and the body poisons or toxins are, so to speak, strained out, and the blood purified. Moreover, it is the great storehouse for sugar or "glycogen" and prepares other food stuffs for assimilation. Now the usual winter diet is excessively sweet and starchy — hot breads, griddle cakes, quantities of potatoes, too much cocoa, macaroni, rice, rich puddings, pies and cakes, cereals loaded with sugar, all of them good in their place, but, as a general rule, used indiscriminately. For instance, mince pie, a rich and hearty food, is the frequent dessert of a heavy dinner, whereas, to preserve the dietetic balance, it should be used to supplement a scanty meal. The excess food causes the digestive organs to overwork (thereby breaking down), the liver is called upon to do extra work in storing up the sweets, and a headache frequently results. When it is understood that very heavy food, eaten out of place, tires the organs, it may easily be seen why too much starch or sweet finally clogs the liver, causing the secretion of bile to accumulate, and bringing about biliousness, auto-intoxication, and indigestion.

"Gas in the stomach" usually indicates a tired condition or a lack of pepsin in the gastric juice. A blotched face usually follows, whereas the latter condition often accompanies anemia. Constipation, of all ills, is perhaps the most prevalent. The word may be translated in two ways, either as a lack of bowel movement without cathartics, or in the sense that the intestinal movement goes on without carrying off the entire waste. Just as an iron pipe becomes filled with rust and the stream of water constantly decreases, the large intestine can be lined with waste that is never thoroughly cleared away. This is the usual type of spring constipation, and it carries with it extreme lassitude and intestinal indigestion, because the poisons which remain in the intestines are becoming re-absorbed, thereby enabling the body to poison itself. When an individual is in this condition, he becomes a prey to every passing breeze and change of temperature, often contracting a severe cold or the "grippe!"

All of these unwell conditions can be alleviated, and nearly always prevented, if the correct foods appear upon the spring table — not when the April sun shines hot upon the waking earth and the insidious poisons have begun to work, but by mid-March when the body first feels the change. Nature has provided for this exigency in the most satisfactory way, for along with the warm days come the spring foods, until, by early April, the markets are replete with the tempting greenery of the season.

Ballast or bulky foods are those which should be used to replace the cathartics and physic of the medicine chest. Under this heading we find the fresh green vegetables, spinach, cowslips, dandelions being the most efficacious of them all. Spinach has been termed by the French "the broom of the stomach" because it is so bulky that it sweeps through the alimentary tract, stimulating the secretion of the juices, scraping the walls and carrying all waste away. Spinach once a day for a week or more will bring about immediate results. It will soon pall upon the appetite, if it is always served in the same way, but any housewife with imagination (wherein lies the secret of good cookery) can make it into so many seductive dishes, that a complaint will not be heard. As plain "greens," creamed, poured upon toast, and surmounted with poached eggs, souffléd, in salad (either combined with other vegetables or with eggs), boiled with ham, or scalloped with salt fish — it can be used for any meal in the day. It is a great mistake to consider foods suitable only for certain occasions, for all foods are so adaptable that they can be prepared in diverse ways for breakfast, luncheon or dinner, and whereas, for example, the family may refuse spinach for dinner, they will welcome it for breakfast because it is a novelty!

This same group of ballast foods includes lettuce, romaine and watercress — all known as salad plants. Watercress has been used since great antiquity as a spring salad and tonic, for the old Greek had, in a way, a greater faith in diet than we have to-day.

All of these greens contain the mineral craved by the worn-out tissues. Iron, potassium, calcium, sulphur, phosphorus, all these and many more are contained in all growing things. It is due to Nature's wonderful alchemy that so many minerals can be eaten at once, for were a like amount to be taken in the form of medicine, severe illness and, sometimes, death would follow. Spinach is the richest in iron of any vegetable, carrots follow, while dandelions, beets, salad plants and all vegeatables contain certain amounts. Watercress furnishes sulphur, whereas cauliflower, onions and cabbage are rich not only in sulphur, but phosphorus. Butter is usually adopted as a seasoning for vegetables, but, whenever possible, olive oil should be substituted.

There is no more refreshing way to serve vegetables than in a salad, and in the springtime, when the body needs natural tonics, no other dressing should be used than olive oil and lemon juice. Use three tablespoonfuls of oil and a tablespoonful of lemon juice, well-mixed, and add a dash of salt and pepper. This will dress salad for six people. Olive oil, however, may be rather prohibitive because of its high cost. If it is impossible to afford it, peanut oil may be substituted.

A green salad may replace the main course at a luncheon, if cheese, eggs, or nuts are combined with it. Cream cheese, for instance, can be put through the potato ricer and sprinkled over it — cream cheese may be served with any green salad. Sliced hard-cooked eggs may accompany cress or cooked spinach, and nuts are delicious with any cabbage or celery combination. In such cases the meal should commence with a simple soup, and a good way to introduce an excess of mineral into the spring diet is to prepare a cream of lettuce, cress, or spinach soup. These may have as a foundation any clear soup stock — the vegetable, together with rice, should be simmered in it, hot milk added when they are soft, and the whole strained and thickened with egg. Such a soup is a perfect adjunct to a luncheon. Entire-wheat-meal bread or rolls should accompany the salad, and the dessert may consist of an egg and milk pudding with a simple cookie or cake.

But Nature's tonics include not only vegetables but fruits as well. The citrous group, including the grapefruit, orange and lemon, are wholesome and palatable. As a general rule the lemon is used in beverages — in this case it should be very tart — or, better still, be left unsweetened. A baked lemon is not unpalatable, and may be eaten with a spoon, and lemon juice may be used in any case as a substitute for vinegar. In lemon jellies, in salad dressings, poured over other fruits, served in black coffee, in pineapple puddings, and in other ways, lemon juice may be served to the family.

Rhubarb, while it is really a vegetable, is served as a fruit in so many ways that it need never become a monotony. As a gelatine, baked with raisins, stewed, cooked in cubes, and dressed with oil and lemon juice, or in the form of dumplings or shortcake, it is delicious.

Pineapple appears the first of May and its juice is a splendid tonic. About the second week in May strawberry season is at its height. Of all the world-spanning fruits it is the foremost, carrying with it refreshed vitality and a satisfied appetite.

All of these spring fruits and vegetables should be supplemented by at least two quarts of water daily to aid the kidneys in eliminating waste, and by the use of whole wheat meal bread — made of unrobbed wheat — to stimulate the action of the intestines.

THE SUMMER DIET

The sultry nights, scorching noons and long, languorous days of mid-summer produce a relaxed condition in the whole body and this torpor must be overcome before food can be digested. The fundamental principle underlying the summer diet is the toning up of the digestive organs to the point where they will respond quickly to food. There is no better stimulant than a hot soup or bouillon, served without cream. Either will whip the cells of the stomach into action, stimulate the gastric juices and pave the way for assimilation of solid food. One means of cooling the body is through evaporation. When perspiration is profuse, evaporation is increased, and when a cup of hot, clear soup is served, it not only starts the gastric juices, but induces perspiration. If preceded by the soup, a salad, punch or ice will not provoke disturbance, because the stomach juices are already at work and the languid condition has been overcome.

Ice cream and iced drinks are gastronomically pleasing, no doubt, and during the actual moment of eating produce a passing sensation of coolness. However in reality there is no type of food more heating, because the stomach is chilled and digestion is consequently retarded; the sudden cold checks the flow of perspiration, causing waste products, ordinarily expelled through the pores, to be retained, and metabolism, or the burning of the tissues, is thereby increased, because the body machinery is clogged. Besides all this, most ices and cold drinks are dependent upon ice cream, chocolate, or cream in varying degrees as a basis, and are highly sweetened to suit the popular taste. Cream and chocolate are not heating foods, but sugar in any form is a heat producer, so, in addition to the clogging of the system, most so-called cooling creams and drinks become heating agents, because of their constituents. The increase of heat does not mean that the temperature of the body rises above normal, but simply that the sensation of heat becomes more pronounced. In rare cases, however, the sudden chill, or the accession of an over-abundance of heating food, will produce a severe attack of indigestion, with a consequent rise of temperature.

Meat is heating because it contains certain stimulating juices — is a quick fuel — and during assimilation causes a greater breaking down of tissue than any other food. A meat substitute contains all the elements of meat, without being stimulating and heating. Under this heading may be mentioned eggs, nuts, cheese, fish and milk, or combinations of foodstuffs such as macaroni with cheese sauce, or potato and nut salad with oil dressing. In order to be efficacious any substitute dish must contain both protein and fats, which are the principal constituents of meat. For instance, a salad of cottage cheese (which is made of skimmed milk) must be supplemented with an olive oil dressing in order to be a satisfactory meat substitute. The average active family should have a small amount of meat once a day, because the system craves variety. The most acceptable meats for summer use appear in lighter form, as boiled ham or tongue, chicken in various ways, chops, veal, or pressed corned beef and meat loaves. The balance of the meal should consist largely of fresh vegetables with bread, butter and a sweet.

Every meal, in addition to meat, or meat substitute, should be enlivened by green and fresh vegetables. For convenience green vegetables may be termed those which are served raw — including lettuce, cress, escarole, romaine, celery, new dandelions and radishes, while under the head of fresh vegetables may be grouped all the remaining products of the garden. Green vegetables should be served raw, as salads — not the usual mayonnaise-drenched, nut-sprinkled salad of the American home, but the deliciously seasoned, oil-absorbed dish of the French. It is an easy matter to buy a prepared dressing at the groceries — to pour it over a dish of wet leaves and call it a salad. It is another matter to prepare it so that the family longs for it. The reason that Mary will not eat lettuce, or John romaine, is not usually because of the food, but of the faulty preparation. Any green salad must be carefully dried, the French dressing poured over it, and then mixed, or "fatigued" as the French say, until it is so thoroughly mixed that the leaves look wilted. Then only will the salad fulfil its mission. Fresh greens dressed in this way are usually suitable for breakfast, luncheon or dinner, while a salad of mixed vegetables, of fish, eggs, potatoes, or meat should be served only as the main dish at luncheon or dinner. A mayonnaise or a heavy cream dressing has no place with the salad of an otherwise heavy meal. There is no better summer food than olive oil — but it must be used as a part of, rather than as an addition to, a meal, as otherwise the excess fat will upset digestion. Fresh vegetables should be stewed in as little water as possible, so that the liquid may serve as sauce, and be seasoned as needed, with salt, pepper and olive oil, or butter.

During the winter season hot breads have a certain place in the diet, but in summertime they should be foregone as they are liable to cause auto-intoxication. When they are used, they should be of a lighter variety, as baking powder biscuits, or whole wheat gems. There is, however, no better time for the introduction of delicious yeast breads than during this time of automobile luncheons and picnics, and occasionally rasin and nut bread, a loaf of graham or rye, or old-fashioned Johnnycake will often retrieve an otherwise scanty meal.

For the summer dessert there is no food so suitable as fruit, and, if rightly prepared and served in a variety of ways, it will never become tiresome. When the day is exceptionally warm, a fruit ice has a place in the menu because it introduces both water and fruit juice. When an ice cream is to be served, it should be used in a menu scanty in fat, as otherwise it will be overheating.

If iced drinks must be used, let them be of acid quality, as lemonade, orangeade, pineapple punch, or raspberryade, rather than heavy iced-coffee or chocolate. Ginger ale is a good summer drink because it is so peppery that it acts as a stimulant — although too much, like an overabundance of spice, will cause the stomach muscles to become so relaxed that they refuse to respond except to stimulus.

In planning the summer diet, the housekeeper must lay aside all tradition of the particular foods suitable for each meal, and when asparagus is in season, for instance, serve it creamed for breakfast, or introduce lettuce as a breakfast salad, while poached eggs for lunch, or macaroni and cheese at dinner may prove acceptable. In other words the summer diet must not be stereotyped — rather it should be so lenient that the foods may conform to the weather, and the housewife should be conversant with food values in order to plan the meals according to rough dietetic standards.

Meat is by no means the most expensive item in the living budget, and the housewife living on a limited income will find it difficult to plan summer meals within her allowance when the bills for green stuffs and fruits are high. However, menus can be planned to suit every pocketbook, and, while it may not be possible to purchase fresh fruits and vegetables when they first appear, they soon drop to a normal figure. A young wife who was living for the first time in a city flat displayed with pride her garden! She was fortunate enough to possess a back porch, about eight feet square; the ingenious husband had constructed two shelves on the porch floor and on each of the shelves were placed boxes of earth in which cress, lettuce and radishes were growing. "I simply had to have salad," remarked the girl, "and as we can't afford to buy it we've grown it here — and it's such fun," she added.

A woman who is really interested will contrive to feed her family on the right food under all circumstances.

THE FALL AND WINTER DIET

Diet in the winter differs from that of any other season. It is a time of brisk winds, snow and ice, and the colder the weather the greater oxidation there is in the body. The fact that food is to the body as coal to the furnace means no more to the majority of educated housewives than the falling of a rain drop, for the truth that food makes warmth and heat, activity in little bodies, and the energy of great minds does not seem real.

People who exist in warm rooms and live at low rates of speed can eat hot-house foods in a hot-house atmosphere, but those who really revel in the cold weather are buoyed up by a wholesome winter diet to all vicissitudes of wind and storm. Those who keep warm when the thermometer hovers near zero are not necessarily swathed in heavy flannels, muffled with scarfs and burdened with furs — they may be those whose rosy cheeks, bright eyes and springing step denote correct feeding and adequate digestion. Right feeding in winter does not concern itself with quantity but rather with furnishing a sufficient amount of nourishment with a minimum of waste. The individual who eats too much cannot utilize the surplus, and it must be passed off, partly digested, as waste from the skin, kidneys and bowels. This over-exerts the waste channel and much of the energy gained from the food is used in eliminating waste. The vitality is thereby lowered and the individual becomes "run-down" and is subject to colds, grippe, and indigestion. More complete digestion and less waste is the efficient fundamental of the winter diet.

Fuel foods are meats, starches, sweets and fats. Meat makes muscle, enriches the blood and furnishes heat, and, for most of us, it is a necessity in the winter diet.

Starches and sweets are fuel or activity foods, their mission being to create quick energy. When a sudden heat is desired, the housewife adds a little kindling to the dying fire. Where the vitality is lowered a cup of cocoa, or a little rice with melted jelly, will restore energy, because it adds kindling to the body flame. But, like the fire of light wood, it is soon consumed, and the inertia again appears. Starch is to the diet as kindling to the fire; it produces a quick heat, then burns itself out. Prodding the body to greater activity on a diet of starch is as criminal as beating a horse that is old and weak, yet it is a common practice in many homes!

Table Set For Home Breakfast

After-Dinner Coffee Service

Besides meat to make muscle and energy, starch to furnish quick energy, and fat to afford reserve force, the body needs, in winter as in summer, the eliminating qualities of fresh fruits, and uncanned or fresh vegetables to cleanse the blood and keep the waste channels awake and active. In England the cranberry is more generally used and appreciated for this purpose than is the case in this country. In northern countries the cranberry is gathered as a precious winter food, dried on long strings, and used as an antidote to the overmuch fat demanded by the rigorous winter. Like the greens of the spring diet the cranberry, through its citric acid and iron, has a definite and neglected place in the winter menu.

Oranges, lemons and grapefruit may also be added to the list of the winter's tonic fruits, any one containing a well defined amount of citric acid. Whenever they can be obtained, grapes are an unequaled winter fruit, bringing tartrates of soda, potash, phosphoric acid, lime, magnesia and iron to the body in such form as to be almost immediately assimilated into the blood. It is needless to state that when canned, made into jelly or marmalade, grapes, like all the preserved fruits, lose their efficiency as tonic fruits and become sweets.

As in the diet for the rest of the year, the fresh vegetable has a definite place in the winter menu. The term signifies not only green vegetables, but all that are not canned, as beets, carrots, turnips, parsnips, oyster-plant, onions and cabbage. None of these lose their salts and acids when taken from the ground, although the water is somewhat evaporated, causing a withered appearance. Of the green vegetables peculiar to the winter season, celery is generally available. As it contains a generous proportion of salts or minerals it is peculiarly valuable as a blood food. Watercress may be found under the ice in all northern brooks — a bountiful provision of Nature to supply phosphorous and sulphur in sufficient quantities. Lettuce, endive and parsley can be obtained throughout the year in city markets and are valuable assets to the winter menu. In the country stores they cannot be secured, but there is no reason why any housewife with a scrap of land at her disposal cannot raise them in hot beds. In case this is not feasible they may be grown in window boxes.

As lettuce or endive do not need much sun or demand much heat, it is always possible to find a suitable window for them. Parsley, to be of rich green, needs sunlight. An attractive way to grow it is to obtain a wooden paint bucket, bore half inch holes in the sides, fill the bucket with rich earth, and plant the seeds in the holes. When hung in a sunny kitchen window the seeds will germinate in about two weeks — the final result being not only a delightful seasoning for the winter foods, but a real ornament to the room.

Mince pie, sausages, griddle cakes, roast pork, oatmeal, doughnuts, pork and beans and suet puddings, all have a certain niche in the winter menu but they must be used in proper combination. Sausage is a fuel food, for example, and should not be used in a menu otherwise replete with fat. To illustrate, a luncheon of sausage, fried potatoes, bread and butter, and suet pudding would give indigestion as all contain a large amount of fat. When used properly, sausages should appear in a menu, which would eliminate the large amount of the fat, as mashed potatoes and another vegetable, and a plain dessert.

If possible, the winter meal should be commenced with something hot, as a cup of soup, or a little hot, spiced grape juice, because they stimulate the digestive juices to greater activity. It must be remembered, however, that it is necessary to work in an extra amount of fuel food to overcome the wearing away of the tissues through oxidation, yet this must be done in such a way that nausea will not be produced. A meal consisting of starch and sugar is sure to bring, sooner or later, a sick headache in its wake. Any woman who is guilty of serving the typical New England supper of white bread, an economical supply of butter, cake, cookies, preserves and tea, has only to remember the frequent early morning headaches in her family to prove this statement. Both sugar and fats must be introduced generously into certain of the foods, the remainder of the menu consisting of other elements. Cabbage will take up one-third of its weight in fats, mashed potatoes one-half, baked potatoes three-fifths, and peas one-fourth. When the family seems to lack energy, add extra olive oil or butter to the vegetables, then turn back and add some more! If the family seems tired, a quick energy food is probably needed, but do not urge more food, prepare cocoa or apple sauce, or some other food, making it sweeter than usual, and do not demur when son "loads" his cereal with sugar. He needs it or he would not do it. Let the children make taffy Sunday afternoons, they crave the sugar, but keep careful watch lest the inborn tendency toward a "sweet tooth" is not abnormally developed.

CHAPTER III

THE CHILDREN'S MEALS

There is no part of household economy so generally neglected as the children's meals, particularly from the time when liquid diet is supplanted by solid food up to the beginning of school days. When a seedling is first set in the earth, it is carefully shielded from the hot rays of the sun and watered regularly till the roots are well grounded. Then the shield is removed and gradually the plant grows, until, with proper care, it reaches perfection. The way of children is the same; when the little one is weaned and taught to eat solid food — up to maturity — his diet needs supervision; but the first six years, great formative period of health, are the most critical of all, for just as the plant wilts in the hot sun and shrivels from lack of water, so may the little child fade if the correct diet is not provided.

As children grow irregularly they demand, at different periods, various kinds of food for building purposes — yet at all times enough of each element must be provided to insure the even growth of all parts of the body. Up to the age of eighteen months, the child has eaten little except milk, bits of stale bread, some hard crackers, a morsel of rice, a little beef juice, or, occasionally, part of an egg and some orange juice. He has not been particularly active and, therefore, has demanded little starch, the milk-sugar, with starch from bread, sufficing to meet his need, as he is occupied with the business of growing. He now commences to be more active, both bodily and mentally, and needs more starch, or activity-making food, to replace the energy he so freely gives off. This is best supplied in the form of cereal or bread. At the same time the pliable little bones are withstanding great weight in proportion to their strength and need foods that make them firm and well-formed. Minerals are the elements needed and, for the convenience of the mother and the digestion of the child, they may be provided under the great head, cereals. Not the ordinary, steam-cooked, predigested article of commerce, but the well-prepared, old-fashioned, undenatured cereal. Mush, made from the whole corn, heart and all, brown rice, not polished with talc, oatmeal, whole wheat mush, made from the entire grain — these are the cereals that make blood and bone, brain and brawn, because they contain all the wholesomeness of Mother Earth. They include more than minerals for bone and starch for energy; they include, as analysis shows, a goodly percentage of protein for tissue building. But in themselves they are not a perfect food for they lack fat, the great element which gives to the body reserve force, needed in stress of disease — that is why they are always combined with good milk or light cream. As they are rich in starch they should not be served with sugar, since that gives to the body too much carbohydrate.

Up to the time the child is six months old, Nature has not provided a specific digestive juice to act upon any carbohydrate other than milk-sugar. Why, then, when a child begins to run about, should his system be sated with sweets when it is not necessary to growth? Babies of two years and less cry for candy, children, not old enough to differentiate in flavors, demand sugar on their cereal; this is abnormal, the latent sugars in fruits, breads, healthful crackers and cookies being sufficient for the need. A child will not know what candy is unless taught, and if adoring relatives are instructed that no sweets or other foods are to be given, other than those in his dietary, he will always be ready for his meals and can digest them properly.

As he can eat but a small amount at a time, he should be fed often, needing five feedings a day, from eighteen months up to two years and a half, and four from two and a half up to three and a half years. He is then ready to go on a three-meal ration, though, if he shows a tendency to be hungry between times, it is far better to establish a regular period for the luncheon than to allow promiscuous nibbling.

The ideal way to feed children is away from the family table, a suitable meal being provided for them. A low nursery table and chairs of kindergarten height are often used for this purpose, lending a note of comfort and "grown-up" air to meal-time that always has a good effect. In the average American home where little help is kept this is not usually practicable as it entails extra work for the mother. It may be adopted, however, at supper-time in order to observe an early bed hour.

As children always want exactly what grown-ups have, it is difficult to feed them a strict ration, unless the elders of the family are willing to sacrifice so that the children will not see rich and tempting foods. The mother must also be clever enough to know the value of substitution. Every small boy will tease for coffee, "just like daddy," and it will often be given him before he is three, the mother never realizing that she is fostering nervousness and a necessity for artificial stimulation. The child should not be allowed to taste tea or coffee, being given, instead, a cup "like father's," full of "cambric tea," or brown bread coffee slightly sweetened, and, knowing no difference, he will be contented and happy. Make the child's food look as much like the family's as possible.

He should not be asked what he wants to eat, as his taste is undeveloped and he always wants an impossibility. He should be taught to eat anything placed before him, provided care is taken not to serve too much, or he will overeat. From the first he should be trained to chew his food well, or he will eat too fast; moreover, children should not be left alone at meals, for the same reason. A grown person should always be at hand to watch and to carry on conversation, thus interrupting the business of eating with frequent rests. Another reason children eat too fast is because food is too fully prepared, nothing being left for them to do but eat it. When a child is old enough to sit at the table, he is old enough to be taught good manners and self-help.

As it is one of the great essentials of the diet, water should be given from birth, but as the child is liable to use it to "wash down" food, it is not a wise plan to serve it at meals. Better give him a drink the first thing in the morning, also in the mid-morning and afternoon, and an hour after every meal. If he asks for more, he should be given as much as he craves.

In giving children liquids at meal-time, it should be borne in mind that most of them are foods and should be treated as such in the dietary. Milk, for instance, is a protein food and, if it accompanies a meal, the amount of meat or eggs served should be cut down proportionately, as, otherwise, the meal will not balance. When cocoa is provided, it should be considered both a starch (from the cocoa) and a protein (from the milk) and therefore treated as a factor in the meal. It is a heavy food and, taken in excess, sometimes clogs the kidneys. Therefore, it is not a wise breakfast drink, being better suited to an occasional mid-afternoon lunch or supper.

From the first, Nature provides for the child a balanced ration. Later, it behooves the mother to plan food as nearly balanced as she gives the older members of the family. Whereas it is true that the child has little taste developed, he often rebels at monotony. Often, the necessary, every-day foods may be provided in a new guise, soft gingerbread cookies, in animal shapes, bread as a "bread man" and "eggs in a nest," instead of boiled, are all good examples of the way the same food may be served in different ways. The basis of every meal for the child should be a protein, a starch, or two, a fat, and minerals. It is best to limit the portions according to the age of the child. From a year and a half to two years and a half the day's menus may be planned as follows:

7 A. M. Fresh milk, half a cup; the yolk of a slightly boiled egg, one or two thin slices of entire wheat bread and butter.

11 A. M. A scant half cup of milk and a graham cracker.

2 P. M. One cupful of chicken, beef, or mutton broth, one thin slice of toast and a little well-boiled brown rice with milk.

5. P. M. One or two thin slices of toast, moistened with hot milk.

This menu may be changed from day to day, two tablespoonfuls of well-cooked cereal with an additional half cup of milk being substituted for the egg in the morning. The juice of half an orange and a thin slice of bread and butter for the eleven o'clock lunch, a tablespoonful of rare, broiled scraped beef, or a small, well-baked potato and a saucer of junket for the broth at noon, while two tablespoonfuls of cereal and rich milk could be used at night. If the child is inclined to be constipated, a tablespoonful of steamed prunes, or figs, unsweetened, may be sifted and fed at one meal of the day. This, with a little orange juice, and the persistent use of entire-wheat-meal bread will usually overcome any such tendencies.

From two and a half up to three years the diet may be gradually increased; the succeeding menus show how this change may be affected.

7 A. M. A small cup of milk, a poached egg on buttered toast and a small quantity of sifted cooked prunes, figs or apple sauce.

11 A. M. A cupful of beef, chicken, or mutton broth with a whole wheat cracker.

2 P. M. A small slice of rare roast beef or mutton (a heaping tablespoonful cut up), a small baked potato, mashed and served with cream or dish gravy, a thin slice of bread, a small saucer of cereal pudding.

5:30 P. M. Whole wheat crackers and milk and soft ginger cookies.

For breakfast an undenatured cereal with cream may replace the egg, for variety. In case this is done, the egg may be used at supper. The eleven o'clock lunch should not be eaten unless the child is really hungry. At noon a little finely divided steak, chop, chicken, or turkey may be used instead of the beef, but no game, pork, veal, or fried meats should be allowed.

From three and a half years up to six the diet may be increased; from then on he will assume the general family diet. It will be unnecessary to watch quantities closely, as, if normal, the child's appetite is a fair guide and he will not overeat if taught to masticate each mouthful thoroughly. The following menus show a variety of correct combinations.

Breakfast

Cereal with light cream; entire wheat bread and butter; a choice of eggs lightly boiled, poached or scrambled, varied occasionally by a little well-boiled ham or baked bacon or a few creamed oysters or oyster stew. Fresh fruit should never be eaten at breakfast, as the acid is liable to combine with the starch of the cereal causing gas to form. However, it may be used as a mid-morning luncheon, ripe peaches, pears and cantaloupes, seeded grapes and oranges being suitable; bananas should never be used unless baked.

Dinner

A half cup of clear soup, broth, or bouillon, beef, turkey, chicken or mutton, roasted or broiled, or a small quantity of broiled fish; entire-wheat-meal bread and butter, a choice of baked potatoes, boiled brown rice or buttered spaghetti, and one of the following vegetables: stewed celery, stewed spinach, fresh peas, fresh string beans, lettuce, or any salad green or fresh celery. For dessert, fruit, gelatine, junkets, cereal puddings, baked custards or plain cream or water ices are permissible.

Supper

Supper varies greatly with the season of the year. In winter nothing is more welcome than a simple milk soup, with buttered entire-wheat-meal toast, fresh or stewed fruit, and a slice of sponge cake a day old, or a soft ginger or sugar cookie. If eggs are not used at breakfast time, they may appear at supper, while a dish of wheat cereal and a glass of milk or cocoa and a baked apple may often be sufficient. In the summertime great care should be taken not to feed the child heating food at night, therefore, the best supper is really fresh milk with stale bread or crackers and a soft cookie. In case the child seems to need more nourishment, a well-beaten egg may be added to the milk and served as an egg-nog, while cereal (preferably undenatured), cooked with dates or figs, may be moulded and served cold with a little sugar or light cream. It should be remembered that when cereals are served at supper the same rule applies as at breakfast — fresh fruit should not accompany them. The usual stewed fruit may be varied in many ways, fruit whips, boiled apples, lightly spiced prunes, dates flavored with orange juice and steamed figs, offering a change. Often, a supper otherwise deficient in protein may be balanced by the addition of a baked custard containing eggs. It must be kept in mind that none of these meals will balance unless whole-wheat-meal bread and undenatured cereals are always used to supply the necessary mineral. They also accomplish another great mission, that of regulating the bowels through bulk.

In case the child refuses to eat, do not force him against his will, but examine his mouth, which may be sore from cutting teeth, and make sure that his digestive organs and bowels are active. Again, the food may not be well-cooked and flavored, as the majority of cooks think that anything will do for a child. If he is simply irritable and cross, take the food away and do not offer it again until the next meal.

SCHOOL LUNCHEONS

Mothers are beginning to realize that the school luncheon must consist of something more substantial than white bread sandwiches made with jam, jellies, or fruit butters, a slice of cake and a piece of pie. These are all foods that, rightly used, may have a definite place in the diet, but they must appear in suitable combination or else the child will practically be "starving in the midst of plenty," i.e. be suffering the bad effects of malnutrition, because of a diet over-filled with starch and sweet, and lacking in the elements that give stamina and promote muscular development.

There is a widespread notion that the balancing of the daily ration can be stretched over the three meals without regard to actual combinations in each menu: that a lunch consisting of a too large proportion of starch and scarcity of other foods can be reckoned in at the close of the day as having furnished a generous share of the starch needed for the twenty-four hours, the other meals being made deficient in starch to keep up the general balance. Theoretically, this may be true, but practically, it does not work out well, because the body is being constantly torn down, or laid waste, and needs the actual replenishment of all food elements three times a day. This does not necessarily mean that large quantities of food must be consumed at each meal, but rather that smaller portions of each element needed for replenishment should be provided. As a general rule this is not true with the school luncheon, whether carried by the child or furnished by the school at small cost. When the luncheon is carried, this condition is entirely under the mother's control, but, when it is provided at the school, it should be controlled by someone who knows dietetic values and who can provide a well-balanced meal.

The receptacle in which the luncheon is carried has a great influence on the food. A *papier mâché,* or leather, box, for instance, absorbs odors and at the same time imparts this accumulation to fresh foods that are packed in it. The most satisfactory utensil is a tin or graniteware pail, or box, that can be scalded and sunned each day; or a wicker basket that can be washed and aired. Most school luncheons, in comparison to regular meals, contain very little nourishment, and mothers frequently say that the children will not eat what is provided, laying the responsibility to small appetites. In only too many cases the decreasing desire to eat is due to disagreeable food flavors.

It is impossible to lay down hard and fast menus for all children, as they differ in their likes and dislikes. Girls, for instance, enjoy carrying little jars of creamed meat, or stewed fruit, which necessitates a spoon and they really anticipate the noon hour with its possibilities for "make believe" housekeeping. On the other hand, the average boy says he doesn't "want any frills" and begs for a compact lunch that can be eaten quickly. Unfortunately this is one of the worst features of the school luncheon, for too rapid eating causes indigestion and the consequent mental heaviness which is the bane of school teachers. This can be overcome in a measure by the mother who need not prepare the luncheon too completely — hard-cooked eggs, for instance, should be left in the shell, crusts left on the bread and whole fruits provided, so that it will take the boy a few minutes to get his food ready to eat. For this same reason, nuts in the shell should be provided; they cannot be eaten too quickly and their rich protein is worth working to get.

The general directions for planning the school luncheon should be the same as those for any other meal.

There should be a meat or its equivalent, enough starch to correspond to the bread and potatoes eaten at most meals, something bulky to fill up the chinks, one sweet and a refreshing food, as fruit. The obvious food for the main part of the lunch is the sandwich, which may be varied by different types of bread as well as fillings. Whole-wheat-meal or bran bread, made with yeast, are excellent types of bulky foods, which, at the same time, will supply the child not only with ballast and minerals and other food principles, but with the vitamins, or life-giving principles found in the husks of wheat, as well as in other foods. These breads are richer in general nutriment than white bread, so, if a sweet filling is to be used, it will balance to best advantage in this combination.

The following fillings are particularly good for these breads: Cottage cheese and chopped walnut meats; peanut butter and well-drained, stewed prunes; thick honey and sliced bananas, sprinkled with lemon juice; cottage cheese and sliced tomatoes; dates and cream cheese; cold welsh rarebit made with milk; cream cheese and marmalade; ground dried beef, cooked in a thick tomato sauce and a little grated cheese. In all of these cases the butter should be beaten to a cream and spread out to the edge of the slice. If cake or other sweets are provided, sweet sandwiches should be used sparingly. In all cases the filling should be moist, but not wet enough to make the bread soggy; the slices should be cut not more than a quarter of an inch thick, as, otherwise, the children will get too much bread for the amount of filling.

White bread sandwiches should usually have a substantial filling of meat, cheese, nuts, or eggs; fish should not be used, as it imparts odors and is likely to spoil through conflicting temperatures. If the bread is comparatively fresh and moist, thinly-sliced tender meat can be used if the bread is spread with enough butter to make the slices cling together. However, in many cases, it is a better plan to mince the meat and cook it in a thick white sauce, as this makes a moist filling and at the same time utilizes meat that cannot be sliced. Whenever possible, it is a good plan to provide one or two vegetable sandwiches. These may be made of well-dried lettuce leaves, chopped celery, sliced radishes, spinach mixed with a little cream cheese, or even well-drained string beans dressed with a little olive oil and lemon juice. Fruits, like sliced and sugared peaches, also can be used as fillings. For meats the variety is unlimited; thin cakes of broiled hamburg steak; crisp, but not dry, bacon, and broiled ham, all helping out the usual cold meats. Whatever the sandwich, it should always be wrapped in paraffine paper to prevent dryness. Sometimes cold corn bread or muffins can be used to good advantage, and there are always the quick loaf breads, as Boston brown bread, nut bread, raisin loaf and whole-wheat date bread that can fill in an emergency.

Whenever possible, a tid-bit, as radishes, celery, or ripe olives, should be furnished. Dessert may consist of some simple cake, preferably of the sponge variety or wholesome cookies, as the old-fashioned gingersnaps, or sugar cookies, and the more modern oatmeal cakes. Stewed fruit may be furnished, or a custard, or a single portion of cereal pudding, baked in a jelly glass, will often furnish a welcome change. A delicate child that needs special nourishment should be provided with a hot-cold bottle for milk, soup, or cocoa.

The following menus are well adapted to the average child.

1

Whole Wheat Bread and Cream Cheese Sandwiches
White Bread and Tomato Sandwiches
Hard-Cooked Eggs   Radishes
Sponge Cup Cakes   Peaches

2

Creamed Chicken Sandwiches
Boston Brown Bread and Nut Butter Sandwiches
Celery   Ripe Olives
Chocolate Gingerbread   Grapes

3

Corn Bread with Butter   Bacon Sandwiches
Whole Tomatoes with Salt
Baked Custard   Pears

CHAPTER IV

THE PROBLEM OF THE DINNER PAIL

Two triangles of pie, a piece of cake, some white bread sandwiches, spread sparingly with butter, usually put together with jelly or jam, a dill pickle, and, on rare occasions, a bit of cheese — this is the typical noon lunch carried by the average workman. If eaten constantly, this diet, which consists almost entirely of starch and sweets, is liable to cause ill health and lead to disease.

Few realize that dinner-pail meals need greater thought than those served at the table. Only too often they lack variety, are unattractively packed, and are made up of any left-overs that chance to be at hand in the early morning hours.

The choice of a luncheon receptacle is of great importance; leather is not to be considered, because foods absorb the odor; the ordinary collapsible tin box does not hold enough for a full meal; *papier mâché* soon grows musty, while the usual tin pail is apt to rust. The most attractive utensil is an enamel dinner pail, fitted with trays. This may be thoroughly scalded and aired each day, and, with care, will last indefinitely. The next best solution is a pasteboard box, fresh daily. These may be obtained in quantity from any wholesale stationer, and occupy little storage space. Unattractive packing often spoils an otherwise good meal. Waxed or paraffine paper is indispensable, as, by its use, foods are not only kept moist, but are prevented from taking on the mixture of flavors that permeate a lunch box when the foods are not carefully wrapped. This may be purchased, inexpensively, by the pound, from the stationer. Each sandwich should be wrapped in the paper, separately, and secured by a rubber band. This makes possible the introduction of piquant flavors, as onions, horseradish, etc. By this means pie, sliced cold meats, cheese and cake may be kept moist; even fruit should be wrapped to keep the odor from escaping.

A large jelly tumbler, or small fruit-jar, may be used for moist foods, like baked beans, creamed vegetables, meats and salads, and for cooked cereals, with milk, preserved fruit, baked custards or puddings. For such foods the spoon should not be forgotten, while a small linen napkin is always a much appreciated luxury.

While the noon lunch should be neatly packed, with due regard to the order in which the foods will be eaten — for the working man is only too seldom supplied with a table on which to "spread" his meal — it should not be too "dainty." No hungry man will be satisfied with a few paper-thin sandwiches, a piece of delicate cake, and small portions of fruit or pudding. He usually reports for work by seven in the morning, and the long stretch of five hours till noon, coupled with actual physical labor, creates a ravenous appetite that demands quantity. If care is taken to balance the meal, leaving, however, more starch and sugar than is usual to re-supply this rapidly dissipated energy, he will eat less and keep in better trim than when it is disregarded. As a general rule men feel that they have "nothing to eat," unless meat is provided; so, when meat substitutes are given, they must be planned so that they "look" like a large amount in order to appease the hungry eyes. At the same time, it should be borne in mind that many meat substitutes are not so concentrated as meat, thus making it necessary to prepare a larger amount to provide the same degree of nourishment.

The season of the year should always be considered — a luncheon of heavy foods, suitable to cold weather, being unappetizing during the warm summer months. A man at hard labor always needs substantial foods, but fruit, vegetable and meat substitutes may be more generally introduced with the coming of spring — they will largely overcome the usual tendencies toward "spring fever."

An earnest housewife said, "My husband carries a dinner-pail and is dyspeptic; he has no means of heating the food. What can I do to make it more digestible?" The answer was, "Provide a hot soup by means of a hot-cold bottle." When the body is weary the stomach needs "toning up." The best way to do this is by means of a hot soup or drink, as it stimulates the stomach to immediate action. As " hot-cold " bottles may be purchased from fifty cents up, a little economy will place them within reach of almost anyone. Occasionally, factories provide " hot closets," so that coffee or food may be left there to heat. This makes possible a greater variety of foods.

There is nothing so jading to the appetite as monotony. A constant diet of white bread, some kind of pie and cake, always made by the same recipe, soon gets a man to the point where nothing " tastes good." The lunch box offers just as great opportunity for thought and skill as the finest company meal — if imagination is called into play. Many foods ordinarily served hot are acceptable when cold; sandwich fillings may be prepared in many odd combinations and desserts replace the too frequent pie. A surprise now and then, as salted or cracked nuts, or a few pieces of candy, mean as much to a grown-up as to a child.

The following menus contain suggestions for the different seasons:

For Fall and Winter

Sliced Meat Loaf Potato Chips
Bread and Jelly Sandwiches Plain Bread and Butter
Baked Apple with Top Milk Gingerbread
Coffee or Cocoa

Stewed Lima Beans in Tomato Sauce
Peanut Butter Sandwiches Bacon Sandwiches
Cranberry Pie Coffee

Welsh Rarebit Sandwiches Creamed Corned Beef Sandwiches
Potato Salad
Date Tapioca with Top Milk Chocolate Cake
Coffee or Tea

Split Pea Soup (Hot-Cold Bottle)
Minced Ham Sandwiches Onion Sandwiches
Indian Pudding with Top Milk A Few Grapes
Coffee or Tea

For Spring and Summer

Brown Rice with Sugar and Top Milk
Peanut Butter and Lettuce Sandwiches
Scrambled Egg Sandwiches
Stewed Rhubarb Jelly Roll

Swiss Cheese and Rye Bread Sandwiches Nut and Potato Salad
Strawberries and Sugar Layer Cake
Lemonade

Nut Bread and Creamed Bean Sandwiches
Mutton Salad Sandwiches
Farina Pudding with Crushed Blackberries Spice Cake
Coffee

Club Sandwich Succotash
Buttered Rolls
New Apple Pie Cocoa

The best gauge of a hungry man's appetite is what is or is not left over in the pail. There can be no definite rule given as to quantity — the amount needed by various people differing with the kind of work and individuality. If the ration is approximately balanced, amounts may soon be judged.

Occasionally a few slices of cold meat may be introduced, as in the first menu. As these are usually eaten with the fingers, this should not be done unless there is a lavatory at hand. When pie is used, it belongs in a menu that seems deficient in heavy food, as in the second and last menus. When cereals are used, care should always be taken to secure the whole grains, such as brown rice, cracked wheat, and oatmeal, as they are not only more bulky, but far more nourishing than the denatured kinds. Fruits, either fresh or dried, should be fully introduced, as they are invaluable tonics and appetizers, and every menu should contain some one food of marked flavor to give it point.

To put foods together that harmonize, that are, at the same time, inexpensive and nourishing is worthy the highest effort, for what a man is and does depends largely upon what he eats.

CHAPTER V

THE FINE ART OF COMBINING FOODS

The question of the proper thing to serve at each meal is one that confronts every housewife, and often proves very perplexing. Many women seem to feel that, when the main dish has been selected, the other foods will take care of themselves. But no meal can be piled together helter-skelter, for in planning the menu some one dish must be selected around which the rest of the meal revolves. The main dish, properly speaking, is represented by the most substantial course, but the meal can often be made to fit around a special dessert or salad. A correspondent, for instance, asked for a company dinner menu in which the dessert might be grapejuice jelly, with whipped cream. Taking into consideration the three factors that must be observed in planning every meal, no matter how simple,— the dietetic value of the food, pleasing the palate, and satisfying the eyes — I sent her the following menu:

Oyster Bouillon Wafers
Chicken Maryland
Timbales of Green Peppers with Rice Browned Cauliflower
Celery Hearts
Grapejuice Jelly, with Whipped Cream Orange Cakes
Coffee

In this menu the jelly acts as the point of interest; that is the flavors of the meal reach in it a climax. There is nothing so unsatisfying as to finish a well-cooked meal which is so badly planned that it leaves an impression of monotony. Many a case of overeating and consequent indigestion may be traced to the combination of too many foods on the same taste-level. The palate, which is very sensitive in its search for something distinctive in flavor, is so continually disappointed that one may unconsciously keep on eating long after the appetite is satisfied. The term taste-level applies to foods which are made of similar ingredients.

I have often heard an old Southern Mammy say that every white vegetable should have a green or dark one to balance it at a meal. This rule is not infallible, but, generally speaking, the white vegetables, as hominy, rice, potatoes and macaroni, are of a starchy nature, and, to carry out the balance of the meal, a green vegetable rich in minerals should be provided. In case one of the more succulent white vegetables is chosen, like cauliflower, which will furnish ample mineral, the meal will not taste well unless either the starchy or the mineral vegetable is darkened in some way, as browned cauliflower or fried potatoes. In case a third vegetable is to be added, it should be of contrasting color, that is potatoes, carrots and spinach may be used together, or rice, tomatoes and string beans, but fried potatoes, white turnips, and cauliflower, would not be a good combination.

A white fish or meat should be served with a sauce of contrasting flavor and color. In preparing the gravy for roast meats, for example, it should be made of a rich dark brown color; otherwise it will look insipid. Light meats, such as pork tenderloin, veal cutlets and the like, are much better when combined with tomato, or some dark sauce, and, if chicken is to be creamed, the addition of an egg yolk or two, or some minced parsley or green pepper, to give color value as well as additional flavor, is an excellent plan. Very dark foods, such as spinach, timbales, baked tomatoes and so on, should be combined with light colored sauces and vice versa. This also applies to puddings.

The greatest help in planning combinations is to schedule meals ahead for at least a day, preferably for the week, leaving one meal blank to take care of the left-overs. Lack of variety shows very plainly when put down in black and white.

Every meal must be planned by a pattern or skeleton menu, whether just for the family or for company. If these patterns are kept in plain view whenever the menus are made, there will be little danger of providing unbalanced rations. I find it an excellent plan to build up the meals by aid of skeleton menus, such as the following:

Breakfast

1. Fruit, raw or cooked.

2. Cereal with top milk, only with cooked fruits, or those partially non-acid, as pears, bananas or melons.

3. Eggs, left-over meat, fish, or, occasionally, a vegetable, and milk or egg combinations; potatoes only when cereal is omitted; any bread, with butter, cereal beverage or coffee.

Cocoa should not be served unless the supply of butter is diminished, and the main course is very light. If desired, the cereal may take a different form, as fried mush or hominy omelet. In this case any kind of raw fruit may be served.

Luncheon or Supper

1. Any fruit cocktail, canape, or cream or stock soup, with crackers. (This course may be omitted.)

2. Any light meat, egg, nut or cheese dish, as scallops, timbales, croquettes, ramekins, or substantial vegetable or cereal dishes, combined with proteins; any kind of bread.

3. A light salad of fruit or vegetables, with boiled, French, or mayonnaise dressing.

4. A light dessert, as fresh or cooked fruit, whips, gelatines, or corn starch puddings, accompanied, if desired, with cookies, cake, hot gingerbread, or waffles; tea.

If a heavy soup, as a bisque, purée, or egg-thickened soup, is served, the meat course may be omitted. If potatoes, rice or spaghetti are provided, in addition to the main course, the dessert should be light. For an elaborate meal a light vegetable, such as green peas, may accompany the main course. If desired, a substantial meat, fish or vegetable and nut salad may be substituted for the second and third courses. A fruit salad may be the dessert. Neither milk nor cocoa should be served unless needed to supply a scanty protein allowance. A heavy dessert is allowable only when needed to give balance to the meal. If deficient in protein, an egg custard may be used; if lacking in fat, an almond pudding, butterscotch pie and so forth.

Dinner

1. Any fruit or fish cocktail, canape, or stock soup and crackers. (This course may be omitted.)

2. Any substantial meat or fish, baked, boiled, braized, fried, broiled, stewed, or en casserole. A choice of white or sweet potatoes, rice, hominy, or macaroni. One or two other vegetables.

3. Any vegetable salad with French dressing, or one of its derivatives, or with very fat meats, an orange or grapefruit salad, with French dressing; a green vegetable, as celery or radishes, may be substituted. If the salad is of fruit, it may be supplemented with crackers or sweet biscuits, and act as dessert.

4. A light dessert, as junket, gelatine, whip, fruit cup, baked oranges, baked stuffed apples with heavy meats. Heavier desserts, as pies, puddings, tapioca cream and so forth, with light meats. Only tart desserts with fish. Coffee.

If fish is served as a separate course, it should precede the meat, and be in the form of timbales, croquettes, ramekins, or small portions of broiled or boiled fish, with or without sauce.

As appetite craves change, the essential in planning appealing meals is to combine a variety of foods so that they harmonize. Nature is a trustworthy teacher. Years ago she taught the good old combination of pork and beans, bread and cheese, pork and apple sauce, because they tasted well together — her pupils not realizing that these foods supplemented each the other.

To prepare foods that "taste good," look well and are digestible it is a good plan to follow the infallible rule of "enough but not too much," as well as to consider the esthetic beauty and appearance of the combination. Conservatism too often stands in the way of the average housewife, many serving the same dishes year in and year out, that their mothers served before them. However, the women are not entirely at fault, the habits of the men contributing a large share towards the existing narrowness. The New Englander is starved without his breakfast doughnuts; the Southerner without his corn pone, and the Westerner without his wheat cakes, regard-less of the fact that the meal may contain dishes of equal stability and nutrition.

Another reason why women get into "ruts" is because too many men seem to like monotony — being satisfied with frequent repetitions of a few good dishes, often ridiculing any attempt toward growth and betterment in the family menu. The man who growls over the "high cost of living" is too often the one who demands the same old foods!

Breakfast is usually the most neglected of the three meals, actual scantiness of food, combinations which are indigestible, and hasty service leading to frequent mid-morning indigestion and consequent "grouchiness." One of the greatest mistakes perpetrated in most households is the serving of an acid fruit with a cereal or cream. Some cast-iron stomachs can stand this combination, but often it brings about fermentation with accompanying gas. When a cereal is to be served, the fruit should be bland, as bananas, peaches, apples, dates, stewed figs or prunes, not only because it is the correct thing to do, but because it "tastes good." In this case the heavier part of the meal should be scheduled accordingly and contain foods of marked flavor. If scrambled eggs, for instance, follow a bland fruit, and cereal with cream, the effect is flat; while, on the other hand, if a little dried beef or bacon is cooked with the eggs, or if they are made into an omelet with tomato sauce, the whole meal gains point. However, if the meal starts with an acid, like oranges, pineapple or grapefruit, the main portion may be heavier and somewhat bland. Plain scrambled eggs should be suitable in this case and might be accompanied by fried potatoes (to give substantiality) and corn muffins, as no cereal is served. Fish never should be served for breakfast, unless preceded by an acid fruit, or accompanied by an acid sauce. Potatoes or hominy should never be served when a cereal appears, as all are starches, and, therefore, too similar in texture and taste. When steak and potatoes are served, for instance, the cereal should be omitted. When cereal is used, plain bread and butter, biscuits or rolls should be prepared, while cereal muffins may be used when the cereal is omitted. In other words care should be taken not to repeat similar flavors. When fried foods, like fritters or griddle cakes, are used, an acid fruit should appear, not only because it tastes better, but because the acid assists in breaking up the fat in which they are usually cooked.

For example, examine the following winter breakfast menu:

Sliced Oranges
Ham and Eggs Creamed Potatoes
Hot Biscuits and Maple Syrup
Coffee

The orange acid cuts the ham fat, the potatoes are moist and act as a sauce to the ham, while the syrup adds a sweet note without which the meal would be incomplete.

As the weather grows warmer, heavy dishes should be partially replaced by foods Nature has provided. Lettuce, cress, asparagus and rhubarb, as well as the early fruits, have a definite place in the spring breakfast.

To illustrate:

Stewed Rhubarb
Broiled Mackerel Baked Potatoes
Corn Muffins Coffee

Brown Rice Brown Sugar Syrup
Creamed Asparagus on Toast
Strawberry Shortcake Coffee

In the first menu the acid rhubarb cuts the fat mackerel and gives the sour flavor that fish demands; corn muffins are used instead of cereal, while baked potatoes supply the needed bulk to satisfy the appetite. In the second menu the brown rice, which is not denatured and, therefore, substantial, is used instead of the meat, as the asparagus on toast is served in a milk sauce, and syrup is served with the cereal instead of milk in order to avoid repetition of flavor; while the fruit is combined with the hot bread into a shortcake.

Luncheon, or supper, as the lightest meal of the day, offers great opportunity for unusual combinations, not only of foods purchased for the purpose, but of left-overs. The fall and winter seasons call for hot soups, escallops and warm desserts, while spring and summer suggest dishes of light and cooling character.

A good combination for one meal is not enough; it is the ensemble of the day that leaves a feeling of complete satisfaction. The character of luncheon depends somewhat upon the occupation of those who are to eat it. Active bodies need heavy foods, so in winter, when provision is to be made for children and hungry men, "rough and ready" dishes may be utilized, as beans, peas and lentils; the thick soups, Indian pudding, hot gingerbread, etc. Whenever a light main dish is served, the dessert should be heavy, while a heavy main course calls for a light dessert. Plum pudding, for instance, is out of place after a substantial dinner, but may be used to advantage as a luncheon dessert.

Heavy salads fit better into the light luncheon than in any other place, and often form the main dish, while a fruit salad is always acceptable in place of dessert. When a meat soup is served, the main dish should be largely vegetarian, as a potato or nut salad, a cheese soufflé, or eggs. In case the main dish is cold the dessert should be hot, as an apple shortcake, while a hot main dish, like stewed lentils, calls for a cold dessert, as jellied peaches and cake. In other words, deliciousness of combination depends upon contrast in temperature as well as flavor. Cream soups are in place only at luncheon or supper, because they are so heavy that they partly satisfy the appetite. To this end they should be counted as having actual food value — while the clear dinner soup is used more as a stimulant. A cream soup is always bland in taste, and should be followed by some strong-flavored dish of firm texture; for instance, creamed chicken is too similar in texture to harmonize. Toasted ham sandwiches, croquettes or salads give a better effect.

The following luncheon menus illustrate this point:

Fall and Winter

Cream of Lima Bean Soup Croutons
Nut and Potato Croquettes Nut Sauce
Orange and Date Salad Ginger Cookies
Tea

Clear Meat Soup
Baked Cheese Celery Hot Toast
Mince Pie

Spring and Summer

Veal and Egg Salad Warm Biscuits
Shredded Pineapple Sponge Cake
Iced Tea

Halibut Loaf Peas Potato Chips
Lettuce and Radish Salad
Cream Cake Raspberry Lemonade

The perfect winter dinner commences with soup, which starts the gastric juices, preparing the stomach for the balance of the meal. As a general rule any clear soup is in order, made, however, from meat stock of different flavor from the meat to be served. Meats lacking in flavor, like veal or young chicken, should be preceded by tomato, cress, celery or some other soup of distinct flavor. Oyster bouillon, for instance, is too bland to serve with veal; on the other hand, heavy meats, like beef, pork or mutton, need delicate soups, as lettuce or green pea. Whipped cream should never be served in a dinner soup, as it adds too much to the already large amount of fat.

When the weather grows warm, it is permissible to commence the meal with a fruit cup, in which case fruit should not appear again on the menu. Iced soups and bouillons are in good taste during this season.

In planning the main portion of the meal, one rule is inviolate — potatoes, rice and spaghetti should never appear in the same meal, because they are too similar. When two vegetables are to be served, one should be green, like asparagus or string beans, and one of more plebeian character, like onions or beets.

Fat meats need fresh vegetables and tart flavors to "cut them"; beef and pork can stand the standard vegetables, while game needs harmonizing foods.

The following lists of foods that may be served together are necessarily incomplete, but they will undoubtedly act as a guide to any thinking housewife who desires to make her meals harmonious:

What to Serve with Beef: If roasted, pot-roasted, boiled or braised, use mashed, whole browned, baked or boiled, new potatoes; for steak use mashed or French fried potatoes. Other vegetables may be onions, squash, Brussels sprouts, cabbage, cauliflower, tomatoes, string beans, spinach, corn, dandelion greens, celery, peppers and carrots. All plain salad plants, with French dressing, may be used, as cucumbers, tomatoes, celery, cabbage, beets, onion or green pepper salad, the vegetables either separate or in combination. For desserts choose light dishes, such as fruit tarts, fruit cups, small dumplings, small portions of cereal or bread pudding, layer cake, fruit whips, small portions of Spanish cream or corn starch pudding, made with water (not milk).

What to Serve with Lamb or Mutton: With roast mutton use the same vegetables as with roast beef. With roast lamb use rice, mashed or whole-boiled new potatoes, green peas, string beans, fresh lima beans, sliced tomatoes, summer squash, Bermuda onions, diced white turnips or asparagus. With boiled or braised mutton or lamb use boiled white or sweet potatoes, yellow or white turnips, oyster plant, onions, string beans, spinach, Brussels sprouts, ten-minute cabbage, carrots or cauliflower. Use any salad plants, with plain French dressing, or celery, chives, or *fines herbes,* sliced tomatoes, bananas, tart oranges, tangerines, grapefruit, green pepper, boiled chestnuts, or pimentoes, in combination with a salad plant. The dessert should be distinctive in flavor, and may include anything made of fruit, coffee jelly, with nut cookies, sponge cake or plain layer cake put together with raspberry jam, any light fruit ice, as apricot ice, bread puddings with fruit flavor, boiled caramel custard, caramel Spanish cream, and steamed snow puffs with grape juice sauce.

What to Serve with Veal: Use mashed, boiled, new, or browned potatoes, diced white turnips, all kinds of greens, beets with orange sauce, peas, string beans, ten-minute or escalloped cabbage, German carrots or asparagus. Use any salad plant with French dressing plain or combined with chopped chives, *fines herbes,* pickled carrots, sliced tomatoes, green peppers, celery, pimentoes, tomato jelly or shredded new cabbage. The desserts may be the same as for lamb or mutton.

What to Serve with Pork and Goose: Mashed, boiled or baked white or sweet potatoes, cabbage, cauliflower, oyster-plant, turnips, apple sauce, stewed tomatoes. For salad use any of the salad plants, with French dressing, singly or in combination, or with green peppers, celery, shredded cabbage, sliced tart apples, grapefruit or tomato jelly. The desserts should be light, consisting either of fruit or fruit cups, simple fruit dumplings, or fruit whips or gelatine.

What to Serve with Poultry: Mashed, roasted or boiled white or sweet potatoes, cauliflower, Brussels sprouts, winter or summer squash, chestnuts, mushrooms, corn, peas, string beans, celery, raw or cooked, green peppers stuffed with vegetables, cranberry sauce or jelly.

Asparagus should be used with broiled chicken. The salads may be the same as those given for lamb with the addition of asparagus salad. The desserts may be somewhat heavier in character, although fruit and fruit desserts are always correct. If desired, they may take the form of ice creams or Bavarian creams, while simple steamed puddings and small portions of well-flavored custards, and simple shortcakes may be used.

What to Serve with Corned Beef: Boiled potatoes, white or sweet, parsnips, cabbage, Brussels sprouts, cauliflower, turnips, beets, carrots, and any kind of greens. For salads select any of those to be served with beef. The dessert should be "homey," such as warm gingerbread, apple pie, or doughnuts and cheese.

What to Serve with Game: As game is somewhat light, the accompanying vegetables are usually elaborate. Among those suitable are white or sweet potato croquettes, celery plain, *au gratin,* or creamed, sweet potato glacé, stuffed, broiled or fried tomatoes, creamed spinach, peas in timbale cases, peppers stuffed with boiled rice, escalloped cauliflower, or Brussels sprouts.

Ripe olives, barberry or black or red-currant jelly may be provided. The salads should be plain, preferably of a combination of salad plants with *fines herbes*. Otherwise, choose celery, tomato or a tart fruit salad. The dessert should be simple, including only a fruit ice with sponge cakes, a fruit cup, baked stuffed apples, or something that will carry out the general idea of naturalness which should surround a game dinner.

What to Serve with Fish: Plain boiled potatoes dusted with parsley, roast potatoes, French fried or white or sweet potato croquettes; onions, stuffed green peppers, tomatoes, stewed, broiled, fried or baked; ten-minute cabbage, turnips, celery, pickled beets, pickled carrots, any kind of greens. Use any of the salads designated for veal. Only dessert with a fruit foundation or flavor should be used.

Fruit salads are much out of place in the dinner menu, unless they figure as the last course, when they are served with crackers, cheese and coffee. They are naturally sweet, and, when followed by a dessert, the palate is apt to become clogged with sweet. As a general rule sweets and savories do not mix, although occasionally they can be blended, as currant sauce with ham, orange fritters with duck, or pineapple or orange and celery salad with game. These exceptions must, however, be introduced with sparing hand, as they often strike a wrong note that sets the whole meal askew.

The heavy salad, swathed with mayonnaise or boiled dressing, is entirely out of place at dinner because it overloads the menu with fat. Only salads of green vegetables should be selected, like lettuce, pepper and cauliflower, tomato and cress, cabbage and celery, etc., French dressing with variations alone being suitable.

Dessert depends entirely on the rest of the meal. Fruit, either fresh or cooked, is always acceptable with fish or fat meats; pies and steamed puddings are suitable when the meat course is light, as chops or cold meat. Old-fashioned desserts, like doughnuts and cheese and Indian Pudding, should be used with meats like corned beef or pork. A country housewife remarked, "Somehow a corned-beef dinner and ice cream don't keep company!" This is somewhat a matter of sentiment, but more of the combinations of flavors. Ordinary flavors do not combine with those of the more delicate type. The two types clash, and do not "harmonize" any more than walking shoes do with evening dress. Each has its place, but they must be differentiated. The following menus are illustrative:

Fall and Winter

Tomato Soup
Pot Roast of Beef Horseradish Sauce Macaroni
Brussels Sprouts Onions
Romaine Salad
Baked Apple Dumplings Lemon Sauce
Coffee

Celery Soup
Casserole of Duck and Mushrooms Brown Rice
Green Peppers, Stuffed with Tomatoes and Corn
Dressed Lettuce
Caramel Bavarian Cream Honey and Almond Cake
Coffee

Spring and Summer

Onion Soup
Veal Loaf Tomato Sauce Mashed Potatoes
Spinach
Salad of Watercress and Lettuce
Jellied Rhubarb Drop Cookies
Coffee

Broiled Chicken Cream Sauce
French Fried Potatoes Stewed Peas
Lettuce, Radish and Olive Salad
Marshmallow Ice Cream Lady Fingers
Coffee

CHAPTER VI

SEASONINGS

As a general rule typical American cookery is liable to be flat and uninteresting, not necessarily because of the use of poor ingredients, but because the average housewife does not understand the importance of good seasoning. The thing that starts the digestive juices — "makes the mouth water"— is the delicious aroma arising from food well-cooked and seasoned, and this savor cannot be obtained by salt and pepper alone. Besides, the use of too much of these "stand-bys" has a bad effect on the body, the excess salt irritating the mucous membranes, and pepper having an injurious action on the blood and liver.

During the warm weather it is not at all difficult to obtain the enticing food-flavors that make eating something more than a necessity for Nature is bountiful; garden, market and roadside combining to furnish a variety of herbs. Years ago when everyone had a kitchen garden the herb corner was the special care of the housewife, for she realized that not only the savoriness of her meats and soups depended upon herbs, but frequently the charm of her cakes and confections as well. Moreover, though she may not have known it, she was unwittingly supplying her family with some of Nature's best medicines.

If possible, herbs, like all other foods, should be used fresh. Even in winter, some of them can be grown in the house in window boxes and others may be obtained from large markets throughout the year. Further, it is an easy matter to put up, or dry, almost any of the herbs. To preserve them so that they will be fresh enough to use at any time, even as garnishes, arrange alternate layers of salt and sprigs of the desired herb (parsley, dill, sage, mint, etc.) in wide-mouthed jars and keep them well covered with salt, in a cool place. Dill, parsley, celery tips, mint, sage, thyme, marjoram and other herbs can also be put up in cold water, like cranberries or rhubarb. Select fresh, green sprigs, rinse well and put them into jars which have been thoroughly scalded and then cooled. Let cold water run from the faucet into the jars for at least ten minutes so that all the air will be dislodged, then seal with a rubber band and cap as usual.

Herbs may be dried in two ways: They should be free from dirt; if necessary, they can be washed and thoroughly dried before the actual process of evaporation begins. Pick off the sprigs and lay them on clean papers in a warm room where no sweeping will be done for at least two days. Turn occasionally till thoroughly dry and store in tightly-closed tin boxes, for the savor is best preserved if the herbs are kept dark and the receptacle is air-tight. The second method is more rapid; place the sprigs on brown paper and dry, either in a slow oven or on wire trays which may be suspended on pulleys above the stove. In country districts these trays are invaluable for drying corn, lima beans and other vegetables, as well as fruit. To freshen dried herbs, place in a little warm water for a few minutes.

There are times when a food needs the enlivening touch of sour, or sweet-sour, pickles. For sauce to serve with lamb or fish, capers are usually suggested, but they are rather expensive and may be substituted by nasturtium seed, which can be used plain, as a relish, in salads, or as a decoration for salads or canapes. Cucumber pickles of medium size may be sliced lengthwise, very thin, spread out in fan-shape and used to garnish baked beans. Finely chopped, they add a good note to boiled or mayonnaise dressing, or they may be added direct to a salad. Pickled string beans, or flowerets of cauliflower, are delicious with ham or tongue. Olives may often be used to give variety, either with salads or sandwiches, or in various cooked dishes, as creamed shrimps or salmon. There are times when plain or spiced meat or fish absolutely palls. When this occurs, it is a good plan to introduce a tart flavor or a sour sauce. Beef *à la mode* is a good example of a commonly known tart meat. It is often advisable to add a little vinegar or lemon to boiling meat or fish; a dash of vinegar is indispensable when cooking kidneys, and sour cream may be added to the gravy of different meat dishes, or may be made into a delicious fish sauce when a faint tart flavor is desired; plain sliced lemon is delicious with tongue.

Tomatoes, which are acid and at the same time very pungent, may be called upon for tart sauces, and are invaluable for seasoning casseroles and soups. However, it should not be repeated too often, for the spice of seasoning lies in frequent change. Certain meats demand a sweet-sour flavor; cider when added to boiled ham being an example, or thin slices of ham baked in grape juice is another. Tongue with raisin sauce shows still a third possibility. Sometimes a bit of sweet will help a meat more than anything else, a few grains of sugar either plain or caramelized greatly improving veal or a brown beef stew and other meats.

To Caramelize Sugar

Put the sugar in a smooth frying pan, set it over a slow heat and let it gradually melt until the color of maple syrup; it will then be very hot and if combined with a liquid, no matter if it is boiling, it will harden and must be cooked in the liquid again until melted, before being used.

A seasoning that every one can have, yet which few appreciate, is the onion. Unless it is to appear in a stew, or is very finely minced, only the juice should be used, as this is the one means by which the flavor can be evenly diffused. To obtain the juice, select a large onion but do not peel it. Cut off the top and scrape the surface with a spoon till the juice is exhausted, slice off another layer and proceed as before till the necessary amount is obtained. A clove of garlic, if peeled and rubbed around the edge of a salad bowl, gives an especially subtle flavor, but garlic must be used sparingly as it is the strongest of all flavors. Onion- and celery-salts are very useful in quick-time cookery, a dash of celery salt frequently redeeming a plain soup, a dish of creamed fish or meat; onion salt helping many, many a soup, sandwich, or a meat dish.

There are many commercial sauces which greatly help to make ordinary fare "different," but, as a general rule, they are thought rather expensive. However, considering the time they last, the ultimate expense is small. A half teaspoonful of Worcestershire, if added to a French dressing, will liven any simple salad, and besides being well adapted to plain service with meat, it is particularly good when added to certain soups, to gravies, such as those from hamburg steaks and veal chops; or to shellfish, or cheese rarebits. "Kitchen Bouquet" gives color and flavor to any anemic-looking broth or gravy and to some vegetable sauces. The various ketchups are especially useful, tomato lending itself to French dressing, soups, sauces and gravies, while walnut- and mushroom-ketchups are especially good for seasoning sauces for game. Tabasco adds a live note to vegetable, meat or fish soups and is invaluable in clam, oyster, crab, or mushroom cocktails. Even a grating of lemon or orange rind sometimes gives just the note that is needed to raw oysters or clams.

There is no greater incentive for variety in seasoning than to have the ingredients well-assembled. Chefs realize this to such degree that many of them cook with an herb tray at hand. These are divided into compartments, each being filled with a different kind of dried or powdered herb. In the household, however, it is not practicable to adopt this plan, because, when exposed to the air, herbs soon lose much of their savor, and in home cooking comparatively small amounts are used. A wicker basket with a handle may be kept near the stove and in it may be placed small jars of the different dried herbs most in use, whole cloves, bay leaves, mace and other spices, celery seed, the various commercial sauces, as well as shakers of paprika, cayenne, salt, and a mixture of seven parts salt to one of pepper, ready for use. These should be clearly labeled on the top of each can when a glance will show just what is needed and often suggest blends of seasoning that would otherwise not be thought of.

Following are a few suggestions for inexpensive seasonings.

Bouquet of Herbs

A small bundle of fresh or dried herbs containing a sprig each of parsley, sage, marjoram, chervil and thyme. Use in the stock pot, for pot-roasting, and in boiling fish and spaghetti. If the leaves are loose, tie in a bit of cheesecloth.

Fines Herbes

A combination of herbs minced together; made up of a teaspoonful of parsley and a half-teaspoonful each of marjoram, savory, chervil and a little sage. Sprinkle over broiled, or planked, fish, place in the fold of an omelet, strew over shirred eggs, or serve with lettuce or romaine. Dried herb leaves may be used if freshened in warm water. Use in stuffing for baked cabbage or game.

Mint

Use fresh in mint sauce, cabbage and mint salad, drinks, as orange mintade and angel tip, orange and mint salad, fruit cocktails, hot or iced tea, or lemonade; fresh, or dry, in a casserole of duck, apple jelly or gelatine, canned or dried pea soup and with peas.

Bay Leaves

Use sparingly in meat soups, bisques made of haddock and cod, or stewed tomato; cream of tomato or celery soup. Boil with veal, ham, game and fish. Use in warm water. Use in stuffing for baked cabbage or meat or fish and in brown and tomato sauces.

Parsley

Use sparingly, fresh, or dried and freshened; with omelets, shirred eggs, and chopped meat, mushrooms, broiled tomatoes, buttered potatoes, in butter sauce for fish, in soups and salads.

Dill

Use fresh, or dried and freshened; in egg salad, plain salads, creamed soups and on broiled fish.

Dried Mushroom Trimmings

Use as a basis for mushroom soup, mushroom sauce, and in cream or brown sauce for oysters, veal, fish, chicken and any place where a mushroom flavor is desirable.

Sage

Use fresh or dry with beef, ham, or pork, and chopped meats; sifted into cornmeal mush for frying, and occasionally with cabbage; string beans or spinach cooked with salt pork; also in bread dressings for pork, beef or ham.

Thyme and Marjoram

Use with light meats, as turkey, broiled squab, pan-cooked chicken and fish; in bread dressings; and with boiled beans.

Tarragon

When fresh, mince and sprinkle on plain salads, or sparingly on broiled fish. Use fresh or dry in making tarragon vinegar. Use in chicken, fish and veal salads.

Horseradish

Use with heavy meats, mixed with a little vinegar and sugar, or as a sauce made with stock and crumbs; beat into butter and spread on broiled or planked fish; use in sandwiches; add to pickled beets, or beet and cabbage salad. Dried horseradish may be freshened and used in the same way.

Mixed Pickle Spice

Use a teaspoonful in making two quarts of soup stock, boiling mutton, fish, corned beef, ham, or tongue, making tomato soup, pickling beets, cauliflower and carrots for immediate use. To use, tie loosely in cheesecloth.

Whole Cloves

Use in making soup stock, sweet-sour sauces, baked carrots, boiled beans, spiced beets, boiling fish, and baking ham in cider or grape juice, coddled apples or pears and spiced punch.

Mustard

Sprinkle sparingly on lettuce to be dressed at the table, in mustard sauce, for potatoes, beef and so on; combine minced ham and tongue for sandwiches, and add occasionally to cheese dishes.

Mace

Use sparingly with spiced beef, oysters, veal; in mayonnaise for shell-fish, occasionally in sauce tartare, French oyster soup, escalloped oysters, sauce for asparagus, potato croquettes. Use in rich cookies, berry pie and pound cake to produce the old-fashioned flavor.

Nutmeg

Use very judiciously as the flavor is pronounced; with spinach, mushrooms, or in place of mace. It may be combined with pickled beets or carrots, also sweet potatoes; stuffed baked potatoes, escalloped fish. Grate over custard pie, or junkets, use in custards, any apple dish, occasionally with cooked peaches or pears, or whenever a blend of spices is desired.

Stick Cinnamon

Use with pickle spice, in boiling corned, or spiced, beef, ham, smoked, or fresh, tongue, occasionally with fish, and in making court bouillon. A little is delicious with chocolate, either hot or iced, or in chocolate corn starch pudding, or chocolate frappé. It combines well with boiled apples, escalloped pears, either fresh or dried, stewed figs, or prunes.

Ground Cinnamon

Use in apple and squash pie, doughnuts, apple rolls, Dutch apple cake, in the syrup for basting baked apples, currantade, spice cakes, cinnamon toast, cinnamon loaf, etc.

Caraway Seed

Use with pork sausage; in red cabbage salad, for caraway vinegar, in old-time seed cakes, rye and sweet breads.

Coriander Seed

Use in candies; sparingly sprinkled on cookies; ground, in cakes, sweet rolls or bread.

Curry

Use with meats which need livening; as soup meat, boiled chicken, sweetbreads, etc., or as a sauce for ham, tongue, or fish, or in boiled or mayonnaise dressing, to be used with veal, lamb, or vegetables. Serve curried rice, or potatoes with chicken, veal, or lamb, either plain or creamed. Curry sauce may be used with quickly-boiled cabbage, cauliflower, carrots, or onions.

Celery Tips

Use for celery soup, bouillon, in sauce for fowl, for creaming oysters, lamb, or chicken, in making chicken jelly, boiling veal for loaf; in potato soup and oyster stew.

Cheese

Cheese in various forms may be used to give variety in flavoring. The most commonly used with meats, eggs, soups and spaghetti is Parmesan, but to be wholly satisfactory, this must be bought in bulk form and grated; it is also less expensive this way than in bottles. However, American cheese may be used to good advantage in a similar way. It is a good plan to save all rinds and bits of cheese, dry them in a current of air and grate them for use as needed.

CHAPTER VII

THE EQUIPMENT AND ARRANGEMENT OF THE KITCHEN

CHOOSING THE UTENSILS

The kitchen is a most interesting room, and, in the hands of a skilful woman, can be made the most attractive in the house. But rest assured that it will not be attractive and loved, if, three times a day, it is the scene of nerve-racking attempts to cook without adequate tools. There are always a certain number of pots and pans that are indispensable; bowls, of various sizes, are needed; wire utensils, others of wood and various other little conveniences; beyond this the list swells towards luxury.

It is not a good plan to furnish the kitchen in "one ware" for the various kinds on the market all have different uses. If one is buying for durability, a partial aluminum equipment is a good investment; this costs more than other wares, but seems to wear almost indefinitely. It will not break or chip, has no seams or joints in which bacteria may collect; any indentures may easily be straightened out by light hammering; it is light and easily cleaned. For large utensils, like a teakettle, stock pot, etc., aluminum is invaluable. However, only guaranteed wares should be selected.

Enamelware of standard quality is always satisfactory, but, unfortunately, it is difficult to ascertain the best grades, as price is no indication. I purchased a large amount of enamelware at a high price, only to find it chipping within a month; later securing a cheaper grade which has been in constant use for five years. The safest way to buy enamelware is to get one piece and try it out by putting some water in it, boiling it up, and then dashing it in cold water; if it can stand this vigorous treatment you may be sure it is good. This brings up the question of "seconds"; buying them is always a gamble, for though unpopular shapes or job lots are often so classed, and may give satisfaction, the next lot might chip in a minute.

Although sometimes called "old-fashioned," tinware still has a place in the kitchen. Not in the line of pots and stew-pans, perhaps, for it has a tendency to discolor boiling liquids, but for the dishpan, bread tins, layer, sheet, and loaf cakepans. For durability only heavy well-tinned ware should be purchased, and, whereas this costs more than the thin, stamped variety, it is worth the extra expense. Iron, too, still has a usage — it is the best possible medium for the old-fashioned pot roast — while an iron skillet, when properly heated, is more satisfactory than any other kind. An iron frying kettle, that fits the stove, is preferable to other types, because it is not easily overturned.

Now that we have finally learned to adopt our grandmother's method of oven cookery, earthenware or glass baking utensils are indispensable, not only because they develop delicious flavors, and are really time-savers, but because they are attractive enough to use as serving dishes. The varieties of these articles are innumerable — pie plates, casseroles, baking dishes, custard cups — the selection varying with one's pocketbook. However, earthenware is sometimes a "delusion and a snare," cracking with the first cooking and, like enamelware, should be tested. Before using put them to boil up in a kettle of cold water, let come slowly to boiling point, then cool in the water. If they crack with this process, the manufacturers will replace them — if they are not "seconds." It is always advisable to include a few china, glass, or earthenware bowls for beating eggs, etc., but the mixing bowls should be of enamel or aluminum as they are lighter to handle and more durable. In fact, for actual practicability, there is no better utensil for mixing than a saucepan, because of its handle.

This brings up a very important point in the purchasing of equipment — that of making each utensil do the double duty of saving space in storing and extra handling, and at the same time be durable and adapted to the convenience of each individual housekeeper.

Glass fruit jars with screw tops, in pint and quart sizes, are excellent for storing supplies, while jelly jars with covers are useful for spices, etc. They are also particularly good for the ice-box, as they can be covered, a glance sufficing to show the amount and condition of foods.

The choice of utensils depends, somewhat, on the rest of the furnishings; for instance, if a kitchen cabinet is to be used, it will not be necessary to provide a moulding board or sugar bucket.

One should also consider the shape of the utensil; for example, food will boil more quickly in a broad and shallow sauce-pan. The edges should be rounded rather than angular to permit quick cleansing, and all double boiler tops should be provided with handles.

The following lists, while not cast iron, represent a necessary equipment for good work. The luxuries — a double roasting pan, a steamer, bread mixer, ice-cream freezer, etc.— may be slowly acquired. One clever woman put away, into a jar, twenty-five cents every week, from the housekeeping money, towards new utensils. Her kitchen became a model of convenience, and with its pretty scrim curtains, white paint, pale green walls, red-cushioned rocker and shiny utensils, developed into the most attractive room in the house.

Aluminum

1 teakettle (with double boiler top)
1 stock pot (12 quarts)
1 salt dredge
1 flour dredge

Aluminum or Enamelware

1 four-quart kettle and cover
2 two-quart kettles and covers
1 one-pint sauce pan
1 half-pint sauce pan
1 roasting pan for fish (10 or 12 inches long)
1 seven-inch omelet pan
1 hand basin
1 two-quart double boiler
1 one-quart double boiler
1 one-pint double boiler
2 nine-inch pie plates
1 funnel
1 four-quart bowl for bread
1 two-quart bowl
1 one-quart bowl
2 pint bowls
2 half-pint bowls
1 triple utensil

Earthen- and Glass-ware

6 pint fruit jars
6 jelly tumblers with covers
1 teapot
1 two-quart casserole

6 quart fruit jars
1 lemon borer
1 one-quart baking dish
1 two-quart baking dish
6 custard cups
1 bean pot and cover
1 butter jar

Steel and Iron

1 eleven-inch frying pan
1 frying kettle
1 double chopping knife
1 meat knife
2 common steel forks
3 plated knives
3 plated tablespoons
3 plated teaspoons
1 paring knife
1 bread knife
1 can opener
1 pan-cake turner
1 corkscrew
1 wheel egg-beater
1 three-prong ice pick
1 pair scissors
1 dish scraper
1 food chopper (medium size)
1 scale
1 roasting pan (sixteen inch)

Tinware

1 colander
2 layer cake pans
1 sheet cake pan
1 brick cake pan
2 nine-inch pie-plates
2 bread pans
2 muffin tins (6 muffins each)
2 measuring cups
1 pint cup
1 grater, four sides
1 apple corer
2 biscuit cutters (2 different sizes)
1 garbage can
1 sink scraper
1 dust pan (long handled)
1 half-pint ladle
1 bread-box
1 cake-box
1 flour can
3 milk pans (if there is no separator)

Wire

1 frying basket, to fit kettle
1 broiler for steak
1 toaster
1 small strainer
1 cake rack
1 potato masher
1 flour sieve, wheel type
1 dish drainer
1 egg whip

Woodenware

1 moulding board
1 rolling pin
1 meat board
1 bread board
1 small chopping bowl
1 large wooden spoon
1 spatula-style spoon
1 small spatula-style spoon
1 vegetable brush
1 corn broom
1 sink brush
1 stovebrush
1 floorbrush
1 scrubbrush
1 stepladder and chair combined
1 mop and handle
1 sugar bucket
1 dry mop
1 ironing board
1 long-handled scrubbrush

Miscellaneous Ware

- 4 linen dish towels
- 4 coarser dish towels
- 2 knit dish cloths
- 6 Turkish hand towels
- 3 coarse floor cloths
- 1 dustless duster
- 6 washable holders with slip covers
- 4 cheesecloth bags for lettuce, etc.
- 1 electric, gas, or alcohol flat iron
- 1 wash board (glass)
- 1 wash boiler (copper bottom)
- 1 scrubbing pail
- 1 fire extinguisher

THE KITCHEN FURNISHINGS AND THEIR ARRANGEMENT

The test of a well-planned kitchen is the amount of intelligent work that can be accomplished in it in the least possible time. Is the kitchen too large, therefore, necessitating much walking to and fro? Is it located near the pantry and storerooms? Where is the refrigerator, or, in case no ice is used, where is the cold storage for food? Is the sink of comfortable height? Are the cooking utensils arranged in the best possible position for use? Is the lighting good? Is it a cheerful room, or the most dingy in the household? These are a few of the questions that must be met when a really practicable kitchen is to be planned.

Attractive surroundings have an inspiring effect upon any housekeeper and, in spite of her smothered longings and bravely unuttered desires, the possessor of a dingy kitchen often longs for a prettier room and, when it is realized that the average woman spends fully a third of her time in the kitchen, it seems quite as reasonable to expend a little money for paint and furnishings for her workshop as for a new cement walk or fence, or attractive office fixtures for the man of the house.

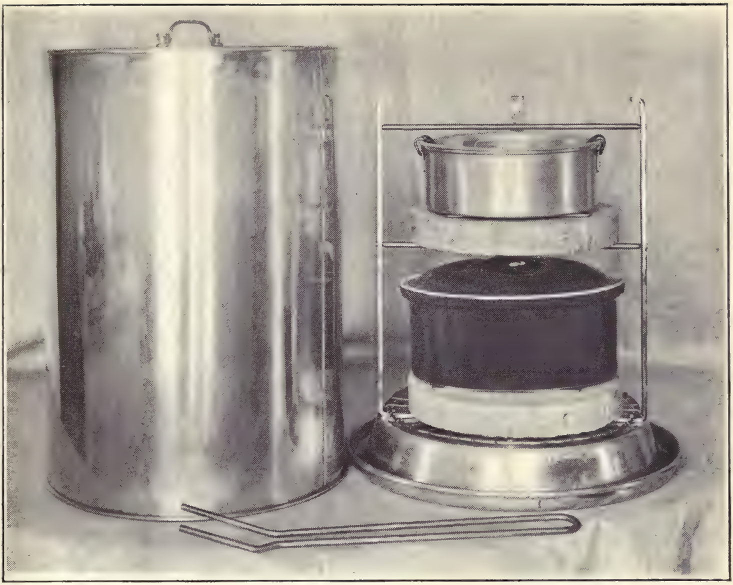
Since the wall serves as background for the room the finish should be unobtrusive. Whenever possible it will be found most satisfactory to paint the walls with a prepared oil paint rendering them washable with soap and water; they can be renewed every other year. For a dark kitchen with a northern exposure, a light buff is a cheery color, while, in a bright sunny room, a soft green will absorb the light and rest the eyes. The wainscot and mop-board may be painted in a slightly darker shade of the same color, while, if the chairs, table legs and wood about the sink are to be done, it is a good plan to use a darker shade as it is less liable to show soil. If it is necessary to paper the walls, choose a washable paper or one with a tiled design in blue and white; this gives a clean appearance, and, if the latter is coated with a white varnish, it can be washed as necessary and will last for several years. Another good plan is to put on an oilcloth wainscot — papering above it.

The most sanitary finish for the ceiling is plain whitewash, because it can be renewed frequently, but, if the ceiling is in too bad condition to be left unpapered, the whitewash may be used over any light paper. The best finish for the kitchen floor is usually dictated by the condition of the floor itself. When it is old and seamed, there are but three solutions — first, a plain floor which must be scrubbed or mopped; second, an oiled floor; third, a good floor paint with a coat of hard varnish. If oil is to be used good results can be obtained from any standard preparation which costs about seventy-five cents a gallon. As these oils are usually made of crude paraffine with the wax fused into them they will present a hard surface rather than the sticky result obtained when boiled linseed oil is used. All things considered the best floor paint is the old-fashioned floor yellow, either prepared with the varnish in it, or with a coat of varnish applied after the coat is dry. A good grade of such paint costs about two dollars a gallon, but this amount will cover approximately four hundred square feet. Two coats should be applied. When there are children in the household, they will, of necessity, spend much of their time in the kitchen with the house-mother. In this case the floor should have a linoleum or cork covering to add to its warmth. If this is rubbed over occasionally with a little floor oil or wax, it will last much longer and will be more easily cleaned. Rag, cork or grass rugs should be placed before the sink and entry door.

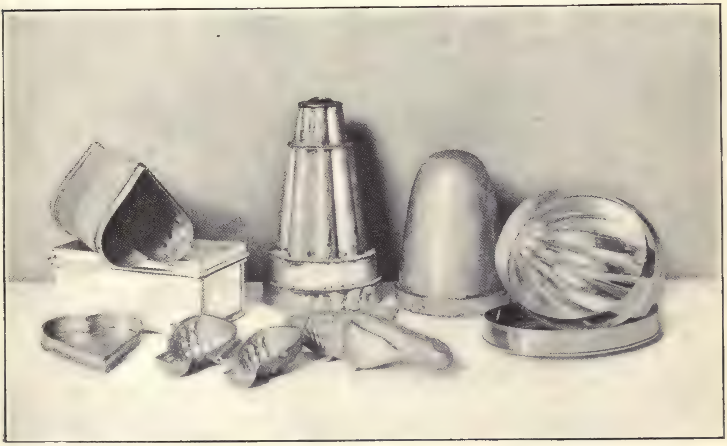
The question of convenient size for a kitchen is frequently raised, and whether or not it should be large or small depends on the type of family. However, the ideal kitchen is small and compact and should be used only for the preparation of the meals. A visit to a Pullman kitchen is an eye-opener in regard to compactness and efficiency. In a small, well-planned kitchen, every inch of wall space has literally its use and the time saved in preparing the meals in the small space is just as much as that which would be spent in walking about a too large room in quest of this or that. At the same time a limited working space necessitates constant clearing away, thus acting as a check upon any tendency to work in a muss and proving in the end a real time-saver.

But everyone cannot have a kitchen which acts only as a workshop. If the house-mother has several children and does her own work, she will appreciate an ample kitchen, well-arranged, because it will be large enough to take in the children and their toys without having them underfoot. All the cooking apparatus should be together as in an invisibly divided room, while the sewing machine, the children's play box and a comfortable chair or two should be placed on a good-sized rug in another part of the room. Whether or not there should be a pantry is an open question which depends largely on the size of the kitchen. If the room is small, or if it is to act as the only sitting room of a maid, a well-planned pantry will prove a great convenience. The shelving should be open.

A kitchen cabinet should be provided, if possible, but if it is not, a series of well-placed shelves should be put about fifteen inches apart above the cooking table, the lowest being wide enough to accommodate the mixing bowls and heavy utensils. The shelf above may be used for spices and flavorings, cereals and small quantities of meal, all of which may be stored in large glass jars. All of the receptacles should be labeled, the labels themselves being varnished on; measuring cups, spoons, egg-beaters, etc., may be hung from hooks along the shelves, or on the table ends. Both table and shelves should be zinc-covered, although oilcloth may be used. A shelf should be adjusted beneath the table, about fifteen inches from the floor, and, if a cleat is nailed around it, it may be used for kettles and other utensils. With this arrangement it will be possible to accomplish a large amount of cookery without leaving the table, except to go to the stove. This brings up the greatest disadvantage of doing the mixing in the pantry. The stove is, of necessity, in the kitchen, thus entailing many extra steps.



An Adequate Fireless Cooker



A Group of Ice-Cream Moulds

However, this can be partially overcome if an electric plate, or one-burner gas stove, is placed at the right-hand end of the cooking table. If this is done, salad dressing, custards, many a pudding, vegetable or soup can be cooking while other dishes are being prepared on the table. It will also be found most inconvenient to have the preparation table or a kitchen cabinet in the pantry unless the sink also is placed there.

Both the cooking table and the sink should be made of convenient height for comfortable work without undue stooping, and a revolving stool that may be adjusted as desired, should be provided so that the housekeeper can sit during part of the work. If the table is too low, raise it by means of blocks of wood. If possible, a porcelain sink should be chosen. Needless to say, all the plumbing should be open and the utensils used in dish washing, together with some ammonia, a scouring soap, steel wool and a soapdish attached to the faucets should be grouped around the sink. If the sink cannot be adjusted to correct height, which varies with the woman, buy a galvanized iron pan or rack and set the dishpan upon it to raise it to correct height. If possible, drain boards or shelves should be on each side of the sink, but this is not always practicable.

After scraping and stacking the dishes, they should be placed upon a shelf, or, in lieu of that, a wheel tray, at the right of the sink. The dishes should be washed and placed to drain on a dish dryer at the left of the sink. Frequently, the cooking table may be placed at the left of the sink, if there is no drain board.

As far as possible all the cooking dishes should be washed up as fast as they accumulate, and, if a woman plans right, she will have very few pots and pans to wash after the meal is completed. If she is going to have company, she will certainly plan an oven or steamer-meal to avoid any last-minute cookery. Frequently, the cooking dishes, if there are only a few, can be quickly washed up before the meal is served. In clearing the table the dishes should, as far as possible, be stacked, the previous scraping, if done with a rubber dish scraper, being but the work of a few moments. The dishes should then be washed in the following order: Glass, silver, small china, large china dishes, then the cooking utensils, if there are any left.

The range should be set as near as possible to the cooking table; again the question of correct height must be considered, for there is no better way to prevent backache than not to have it. In selecting any range, whether for wood, coal, or gas, choose one simple in design and easy to clean. Whatever the fuel used in the winter, either gas, electricity or kerosene should be used during the summer. Stoves of these types are not expensive, and the cost will be retrieved in the fuel saved during two summers' use. An adequate fireless cooker is of the greatest assistance, whatever the fuel.

It is not necessary to buy the most expensive ice-box, but rather one of convenient size, large enough to contain a hundred pounds of ice and made narrow so that it will fit into any house. There should be few trimmings, — an ice-box does not belong in the parlor! The ideal refrigerator has a side compartment for ice — the cooling surface being greatly in excess of that where the ice is put in top. However, if the former is not available, the latter will be much better than none and should have side-doors, as this makes it possible for the iceman easily to fill the box. If the compartment opens at the top, he might drop the ice in and crack or bend the zinc lining.

Several insulations are used, an air layer, mineral wool and charcoal being the most common. Charcoal is used in the better refrigerators and furnishes the most cold-tight insulation, because it is firmly packed in and cannot settle, as does the mineral wool. Any cracks in the lining should be repaired at once, lest the moisture work into the space. The air-space insulation is used only in the cheaper ice-boxes; whatever the material, it is not giving good service unless it keeps the refrigerator at an even temperature of forty degrees Fahrenheit, provided the ice compartment is kept filled and the doors tightly closed. Any refrigerator that contains moist-cold is inadequate, as moisture promotes bacterial growth. Try putting some matches in your refrigerator for a few days; if they will light on removal, the refrigerator is doing good service.

The inner lining may be of zinc, enamel, porcelain or glass. Zinc is used in the cheaper grades, and, when it becomes black, may be covered with two coats of flat white and one of bathtub enamel; this is not only easier to clean but enables one to see the contents better. Glass and porcelain are both excellent linings, but the price may be prohibitive to the average person. The shelves should be adjustable, and of wire; no wood, not even under the ice-tray, should be used in the interior construction. The inner parts should furnish the smallest of lodging places for bacteria, as they will get in anyhow and can be controlled only by the even cold, which retards their growth. If possible, the refrigerator should have several compartments, as this is of great assistance in keeping the foods; butter, cream and milk, for instance, should be kept alone. Meats, and all other foods, should be covered, as they absorb odors.

Then there is the question of the drain pipe. In many cases it has direct connection with a sewer and is a breeder of disease, as germs collect and grow. Better use the old-fashioned pan.

And the question of ice. In the first place be sure it is pure for, if taken from contaminated waters, typhoid may develop. The ordinary snow ice, containing air bubbles which hold the germs, is especially to be avoided. Although, of course, ice is always washed before placing in the refrigerator, a piece of cheesecloth laid underneath will catch much of the sediment and aid in keeping the drain pipe clean.

It is more economical to replenish with a large piece of ice rather than small ones, and it also keeps the box cooler. As it hinders radiation — the basis of refrigeration — the wrapping of ice should always be avoided.

The range, the sink, the cooking table or kitchen cabinet, the stool and the ice-box, together with a suitable place for the receiving of soiled dishes furnish the backbone of the kitchen equipment. To this should be added a comfortable rocking chair, if the size of the room warrants it, and a commodious shelf for cook books, recipe files and a file of menu cards. A slate put in a conspicuous place should be adopted on which to chart out the day's menu, at least three meals in advance, and a calendar memorandum card will make short work of the notation of each day's supplies as they come in. It is an easy matter to make up the household accounts each week from this pad. A good spring scale is a necessity, a wheel tray is a great asset, one of the best types being in wood-colored finish with two trays; this can be folded if desired, and may be used in any room in the house, as a tray for the invalid, tea tray, or even for piazza refreshments.

The best place for the dishes is in a small pantry or passageway between the kitchen and dining room. Needless to say these shelves should be closed in tightly. However, all the cooking dishes, bowls, earthenware, cooking glass, etc., should be grouped near the cooking table.

No kitchen can be arranged according to set rule. But generally speaking the following order should be followed as closely as possible: Both sink and stove should be near windows. A shelf or table for stacking soiled dishes should be at the right of the sink and a shelf, or drain board, at the left. If the room is very small and must act as the laundry as well, the preparation table or kitchen cabinet may be dispensed with and set-tubs, with white enamel tops, may replace it. A group of shelves should be placed above the tubs, so that the cooking materials may be properly grouped. The ice-box belongs at the left of this cooking table. The china shelves should be as near the sink as is convenient. A zinc-covered shelf, or lightweight zinc-covered, or porcelain topped table should be placed beside the stove. If there is not room for this, the wheel tray can be called into requisition.

The correct placing of the utensils is a point that deserves emphasis. The knives belong where the paring is to be done and may be slipped into leather pockets on the wall. The chopping knife belongs near the chopping bowl, the cooking spoons at the place where they will be needed and not in some obscure drawer. The frying pans belong near the stove and should be hung at correct height, not stowed away in some cupboard just because there happens to be one. In other words, common sense must assist in arranging the kitchen and grouping the utensils.

CHAPTER VIII

RANGES AND THEIR OPERATION

The kitchen range is the power plant of the home, and as such should be the first article of household equipment purchased and should be kept in as good condition as the piano or the silver. No range, whether for coal, kerosene, gas, or electricity, will take care of itself, and the housewife should be as familiar with its moods, good points and possible bad points as a pianist is familiar with the black and white keys of the piano.

THE COAL RANGE

An adequate coal range must cook steadily, bake evenly, and broil unsmellingly — and do it without consuming its weight in coal every day! It should be economical of fuel, bake evenly all over the oven, simple and easy to operate, durable and very plain, so that it may be cleaned easily. To be truly economical a range should demand the use of but two hods of coal a day and as the weather grows warm of even less, provided, of course, that the housewife understands its operation.

The fire-box should be in proportion to the size of the range, so that an unnecessary amount of coal will not be consumed, as is the case when it is too large, and so that the heat may be delivered where it belongs, which cannot be done if it is too small. The sides should be perpendicular so that ashes will not lodge against the fire-brick. The grate bars should be durable, but should not be so heavy that the supply of air which reaches the fire through them is insufficient. On the other hand, if they are too light, they will warp quickly. The side draft should open below the grate bars into the chamber between the ash pan and grate, so that the air will be made warm before it strikes the burning coals; therefore causing them to burn out instead of dying out, thus affecting a considerable economy in fuel.

The surface of the range should be plain and smooth, and there should be comparatively little nickel trimming. A polished steel top, which may be washed instead of blackened, can be obtained with any range for about three dollars extra. This insures a clean cooking surface; means fewer black-bottomed cooking utensils to wash, and as it takes about fifteen minutes to polish the top of the range, it will effect considerable saving of time during the year. Too much cannot be said about the necessity of keeping the range bright and shining, for it is truly the heart of the kitchen.

In case a home is not permanent, a leg range will prove to be the best purchase, as it is more easily moved than one of the cabinet type; whichever is chosen, a good-sized zinc square should be placed underneath it to catch possible drippings of fat, and so on.

In purchasing a range, always ascertain first whether or not the stove is insulated, so that the heat will be reflected against the surfaces where it is desired; in other words, retained in the range rather than unduly thrown off into the kitchen. Be sure that the oven is large enough and, if possible, select a range that has a drop door rather than one of the hinge type. Be sure that there is an adequate supply of heat flowing around the oven, as otherwise it will not " bake well." The dampers must fit tight in order adequately to control the fire. Cheaply constructed ranges will frequently have loose-fitting dampers to prevent pinching or binding at the rough edges. The stove should be constructed so that broiling can be conducted directly over the live coals rather than over a lid on the top of the stove, so that the smoke may be carried up the chimney.

The problem of the ashes and their removal is one of the greatest with which the housewife has to contend in kitchen cleanliness. If the range is being installed permanently in a home, it will be an untold convenience to have an ash chute put into the range, whereby the ashes are conducted directly to the basement. This is, perhaps, expensive, but will pay in the end, over and over again. In emptying the ashes from the ordinary range, it will be found that they will not fly if they are thoroughly dampened, and, if the ash pan is emptied faithfully every day, very little muss will result.

To Build a Fire and Operate the Coal Range. Close all the dampers, except the oven dampers; remove the covers from the top of the stove and brush the soot and ashes into the fire-box. Turn over the grate in order to dump the ashes into the ash pan. Scrape off anything which has been spilled on the bottom of the oven. Put a very thin layer of coal on the bottom of the fire-box, leaving plenty of air spaces between the pieces. On this put a layer of crumpled newspaper or shavings, filling the fire-box about one-third full. On this lay, crosswise, pieces of kindling, being sure that they reach the corners. Take care that the fuel is arranged loosely in order to allow free passage of the air. Light the fire by applying a lighted match between the bars of the grate to the paper or shavings. When the wood is burning well, add two shovelfuls of coal, not too large, and, when that has burned, add more coal. By this method the coal ignites both below and above the wood, and a thicker fire-bed is obtained in a shorter time than by the usual method. If the stove is to be blackened, it should be done as soon as the fire is lighted.

When the fire is well started, close the oven dampers and half close the lower damper, and, when it is burning well, the lower damper may be entirely closed and the chimney damper half closed.

For an even hot fire, be sure that all the ashes are shaken out, and keep the fire-box three-fourths full of coal. The lower front and chimney dampers should be opened, but the oven and check dampers should be closed. When the coal is beginning to ignite, the dampers should be closed. Such a fire is of the type that is used for ironing, and is good for two or three hours without the addition of more coal. If the irons are put on to heat while the fire is getting into this condition, considerable time may be saved.

To direct the heat to the oven, the oven and chimney dampers should be opened and the others closed, but to get good results from the oven, no matter how expensive the range may be, it must be cleaned frequently on top and underneath. If there is a vacuum cleaner in the house, it can be used for this purpose, as well as for the stove-pipe.

As different stoves have different dampers, it is impossible to give special directions for the management of a fire that can be used with any range. However, a general rule is to open all the dampers when building a fire and to close the oven damper when the coal is burning well.

To check the fire somewhat, open the slide in the check damper; and to cool it quickly, open the check damper itself, keeping the other dampers closed.

In very cold weather and to save time, it is a good plan to keep the fire over night, although this necessitates the use of a little more fuel than is needed when the fire is built fresh every morning. To do this, the fire-box should be filled with coal; the check damper should be opened, and the other dampers closed. In the morning, the fire should be shaken down thoroughly and fresh coal added a little at a time.

Like everything else, the stove will do better work if the fire is rested occasionally. For instance, if baking is to be done at supper time, close all the dampers after having built up a good fire after dinner, and leave them closed until about half an hour before time to put the food into the oven.

GAS AND COMBINATION RANGES

When it is necessary to heat the kitchen during the cold months by means of the coal range, the best possible purchase is a combination coal and gas range. These come equipped for either natural or artificial gas. However, as it is somewhat easier to cook with gas, it is a good plan to select a combination range that consists of a gas stove with a coal heater attachment. This can be run on a hod of coal for a day and a night, and can be equipped with a water-front. This coal attachment is approximately the size of a laundry stove, and can be used for boiling clothes, heating flatirons, cooking vegetables, and carrying on the various cooking processes which are adapted to the top of the stove. The gas equipment can be used for all quick work, baking, and during the summer when the saving of heat is an item. This type of range is usually equipped with a gas kindler, which insures the quick ignition of coal.

The combination range, which burns both natural gas and coal, is frequently equipped with a general oven, which can be used with either fuel. Care, however, must be taken in selecting a range of this type to be sure that it will give adequate service. This type is especially good for use in severe weather when natural gas fluctuates.

No matter what kind of a range is being selected, it should be of good cooking height, so that the housewife will not have to bend over unduly while doing her work. Gas and electric ranges, which are of the newer school, can be found in many makes of the right height, but coal ranges, unfortunately, are more usually made low, probably because they always have been! In selecting a gas range, purchase one that has a high oven and drop oven doors, the oven preferably being finished with aluminized paint. There are two or three types of ranges on the market which have a direct heat action, so that the food can be put into a cold oven, thereby effecting considerable gas saving. Most of the better ranges come equipped with self-lighters, but if this is not provided with the range, it can be put on for $2.50 extra. There should be no waste space, no excess trimming to clean, and the burners should be of a type that are easily cleaned.

Like the coal range, it needs daily attention. All food that is spilled should be cleaned off at once, the oven kept clean, the airholes free, while the zinc plate underneath the top burners needs daily attention. If the range is rubbed off occasionally with a suitable oil, it will not rust, or "liquid veneer" may be rubbed on weekly to keep it clean and shiny. Blacking and stove enamel are not satisfactory for use on the gas range. The oven will not rust if the door is left open while the oven is cooling. If a solid top is provided, it should be of polished steel for sanitary reasons. Combination gas ranges and fireless cookers are on the market; some of them give excellent service, but care should be taken to select one of undoubted repute, as the cheaper type is not always dependable.

Operating the Gas Stove. The amount of the gas bill depends upon the thoughtfulness and common sense of the cook and the brains of the woman who plans the meals. Gas, rightly used, is the most cleanly and economical of fuels; when used without intelligence, it is one of the most expensive.

The oven should not be lighted until the food is nearly ready to be put into it,— eight minutes with two burners is usually sufficient to make it very hot, five or six will give a medium heat. When roasting meat, the economical housewife will plan to cook her potatoes and pudding in the same oven, or better still will roast her meat in the broiler,— and have all the oven space for other foods. Or if she is to have a broiled steak for dinner, she will take advantage of the hot oven above to cook a shortcake or bake her biscuits. Vegetables are delicious when baked and can often be cooked at the same time with the pie or cake or baked apples. In other words, she will take advantage of all the heat, not allowing any to be wasted.

When "boiling" meat, as it is usually termed, the kettle should be placed over the "simmerer" or small burner, where it will remain at the right temperature and cook slowly — if potatoes are boiling, advantage can be taken of the steam, a colander set over the kettle and some other vegetables or dessert cooked by the steam that is usually wasted.

If the family is small, it will be found a great economy to purchase a set of triple utensils (three separate parts which fit together), which can be put over one gas burner. By this means three articles can be cooked at once by the same amount of heat,— a saving of labor and fuel. A steam cooker of square design can be obtained with several shelves. In one of these, with the use of one burner to heat the water, can be cooked a pot roast, vegetables, potatoes, pudding and brown bread for a family of six, all *at the same time!*

Double boilers and all kettles should be shallow, with broad bottom, so that the foods may be quickly heated. A standard toaster should be purchased, so that it will not be necessary to heat the broiling oven to make a slice of toast, and a sheet iron plate, to set over a burner, will be found a great convenience in heating flat-irons as well as cooking. By using such a plate the heat is diffused over a wider space, and instead of keeping two irons hot, three or four can be heated on it by the same amount of gas.

For the housekeeper using a gas plate, a perforated iron disc, with cover fitting over it, furnishes an adequate oven for a small family. A pan of biscuits, baked apples or potatoes, and the finishing of an omelet are among its possibilities.

KEROSENE RANGES

Whether or not gas or electricity may be obtained, the housewife need not use the coal range, unless she wishes to do so, for several excellent kerosene ranges are on the market, which are economical of operation, clean and quick. Each has its own method of operation, but the general principles of cookery applied to the gas range may be used in the operation of the kerosene stove, such as oven and steamer meals and the like.

COOKING BY ELECTRICITY

There are two styles of electric ranges: the cabinet type and the single oven type. In the former the oven is elevated to a comfortable working height; in the latter the oven is low, necessitating stooping. If there is plenty of room in the kitchen the cabinet range will prove the best selection, but when space is limited, as in small apartments, the single oven type can be used; moreover this type of range is somewhat less expensive.

There are two kinds of electric range units, or heaters, the open coil unit, or radiating type and the enclosed coil unit, or contact type.

In the former, the cooking units, or hot plates, or as they are sometimes called, lids, disc heaters, or elements, are exposed in such way that the time necessary to bring them to cooking heat is only about three and a half minutes. At the same time they are rather hard to clean and great care must be taken that foods do not boil over upon them or that grease is not spilled in the units, because it is difficult to clean them thoroughly without injury. In the second type of range, the heating units are enclosed, the top of the range being like that of the ordinary coal range in appearance, with discs, or lids, which may be lifted for cleaning as needs be. Because of this covering it takes a little longer to bring the units to the cooking point, approximately four and a half to five minutes. On the other hand, the solid top retains the heat and the amount of current needed to carry on the cooking is less than in the open coil unit, and therefore equalizes the extra time needed in bringing the units to cooking heat over the three minutes necessitated by the open coil units.

Notwithstanding extra care the open coil unit is liable to oxidize, or rust, necessitating an occasional renewal of units after four or five years' use. On the other hand, the enclosed coil unit cannot oxidize or rust so rapidly as the open coil, and therefore has longer life. Electric ranges equipped with the open coil units are less expensive than those of the enclosed coil units, so in the end, notwithstanding a possible renewal of units, if the open coil type is purchased, the cost will be approximately the same.

Every electric range should be provided with a broiler pan that fits the oven, preferably of enamel, for if the broiler pan does not fit in the oven cleats, the pan may be chipped and the oven dented, should the pan happen to be put in carelessly. In every oven there should be a shelf equipped with a baffle plate of sheet metal, placed directly over the bottom heat unit, to insure an even distribution of heat. In selecting an electric range the following points should be carefully noted —

The oven should have rounded corners and be adequately ventilated and equipped with a drop door.

The range should be of comfortable cooking height, the selection varying from thirty-one to thirty-five inches.

There should be no waste space.

The oven should be easy to clean and free from cracks.

There should be no parts left unfinished, because of the liability of rusting and the difficulty of cleaning.

The range should be finished complete in japan, with nickel trimming and white splashers, which act as danger signals for dirt.

The electric range needs as much care as a range of any other type. All water should be wiped off as soon as it is spilled. Grease should be immediately cleaned off, and there should be waged a constant war on rust. The oven should be refinished every six months with aluminized paint, which anyone can apply. This may be obtained from any hardware store, where full directions for its use will be given.

The electric range has several distinct advantages over the coal and gas types. It is absolutely accurate, and, when once established, the cooking time never varies. A loaf of bread that will bake in fifty minutes to-day will bake in exactly the same time to-morrow, provided the current is managed in the same way. In order to give the units time to come to cooking heat, it is necessary to think ahead a little more when using an electric range. It will take an oven from thirty to forty minutes to reach baking temperature, and because of this slowness, it is not possible to put many foods into the cold oven, as can be done in many gas ranges.

The oven which is insulated to retain heat makes possible many economies. After once being heated, it can be kept hot with a small amount of current, just enough to supply the heat lost by radiation, and advantage can be taken of all the latent heat, even after the current is turned off, in the drying of bread crusts, parsley, celery tips, etc. It is an interesting fact that the shrinkage of meat in the electric oven is less than when either gas or coal is used, probably because the meat is seared over more quickly on account of the direct top heat, and therefore the juices are retained in greater amount. Also, the electric oven furnishes the cleanest heat, for because of the ventilator no fumes collect and there is, of course, no danger of tainting the food as there is with coal, or ordinary gas. Probably the point that appeals to most women about the electric range is that there is practically no heat coming from it, so that the kitchen does not become over-heated. This is true, not only with the oven, but with the top of the range with regard to the heat units. At the same time there is no dust, dirt, burned matches, and rare possibility of fire. Certainly there is no danger of the baby's being burned!

The cost of operation depends entirely upon the cooking rate for current in the city where the range is used. Careful figures show that the average family will consume approximately 125 killowatts per month. At the present writing over 3,500 central stations or electric light companies, are giving a cooking rate of five cents or less per killowatt hour to their customers. The cost of operation, as with any range, depends largely on the carefulness of the housewife. If care is taken to reduce the current when possible, to take advantage of latent heat, and to turn off the current as soon as the cooking is finished, the cost of operating, when current sells for two cents per killowatt hour, will be aproximately the same as gas, when the latter sells for ninety cents per thousand cubic feet, or coal when the latter sells at from $7.50 to $9.00 per ton.

As with the gas or coal range, the utensils have considerable to do with the economical running of the electric range. Aluminum furnishes the quickest medium of transferring heat. A clover-leaf (or triple) utensil, whereby three foods can be prepared at one time, over one unit; an adequate steamer, flat-bottomed utensils and a goodly equipment of casseroles and oven dishes will be found great conveniences. Methods for steaming and for preparing meals in the oven are given in the chapter, the Short-Cut Preparation of Meals, and may be applied to the electric range as well as to that of any other type.

Some ranges are equipped with automatic cooking attachments for turning on and off the current. These have a certain appeal and work for a limited time, but they are liable to get out of order.

The average housewife is confused by the terms used by the "trade." A little study of the following definitions of terms frequently used in connection with the sale, operation and demonstration of the range will prevent confusion.

Unit. The name given to the electric heater used either in the oven or on the cooking top. It is sometimes called "the hot plate," "disc," "element," etc.

Switches. The controlling mediums by which the units are turned on or off.

Fuses. The protecting plugs located near the controlling switches. These are so constructed that any excess current or abnormal condition will cause them to cut off the current automatically. In other words, they are an automatic safeguard.

Main Switch. The heavy or large switch installed in the wire leading to the range.

Pilot Light. An indicating lamp that burns only when the current is on; usually placed at or near the main switch.

Socket. A term applied to a lamp socket, or outlet, on the side of the range, to which may be attached an electric iron, toaster, or any auxiliary apparatus.

Lead Wires. Two or three wires projecting from a part of the body of the range to which the main entrance wires are attached.

Service. A general term applied to meters, switches and wiring installed by the central station.

Killowatt Hour. The number of watts (measures of current) consumed by an electric heater during an hour. All rates are figured on the killowatt hours consumed, just as gas is figured on the cubic foot.

Terminals. Equipment for connecting heating units to wires — terminals come in two forms and are called plugs or connections.

CHAPTER IX

THE SHORT-CUT PREPARATION OF MEALS

A great deal has been said and written about efficiency in the household, waste motions and a useless expenditure of energy, but, whereas women are willing to do the housework in quicker time, the number of hours which are being spent in actual cookery are not greatly lessened and, in many instances, have really increased along with the taste of the public for greater variety and more elaborate meals.

There are several reasons why an undue amount of time is spent in the kitchen. One is because the majority of women do not understand the methods and general proportions upon which all recipes are based, and, having little fundamental knowledge, their work lacks freedom and ease; a second reason is because most housewives fail to plan out their meals for at least a day or two ahead. This planning is absolutely necessary, as, otherwise, there is a frequent repetition of the same cooking process during the day, duplicate dishwashing and a double amount of fuel is used. It may not seem possible to plan out the meals in advance; properly speaking it is better to schedule them for even a week ahead, leaving luncheon or supper blank to allow for the utilization of left-overs. This week's schedule can be posted in the kitchen, or may be kept on file at the desk; the meals for each day being copied off on the kitchen slate.

This planning ahead makes possible systematic marketing twice a week, or, in case one lives a long distance from the market, once a week. It saves the daily annoyance of grocer, butcher and vegetable man, clears the mind of the unnecessary details which confuse most women, and makes possible a more economical spending of the household allowance. At the same time it is possible to tell at a glance just what supplies one needs, for instance, from the vegetable cellar, or the storeroom, one trip sufficing to get together the vegetables or other food for several meals, while a glance is sufficient to show exactly what foods of like nature are to be prepared for three meals at a time, thereby making possible the saving of cooking processes.

The following table shows the best way in which to work out the weekly planning of meals. By arranging the meals in columns any duplicate foods and flavors are instantly noted, for mistakes have a way of staring out at one, when put down in black and white.

If I were to give any specific rule for the use of left-overs, I should say control them; for instance, if rice is being cooked, plan to prepare enough so that there will be an ample supply left over for rice cakes for the next day; steam enough potatoes at one time for two meals; cook enough macaroni for one day's luncheon, and for the next day's dinner soup, and the like. These instances may be multiplied indefinitely.

But it is not necessary to confine this combining of processes to left-overs; there are many foods that can be made in quantity, which will keep for some time, thus obviating the constant repetition of the cooking process. Good examples of these are mayonnaise, boiled and French salad dressings; pie crust for two or three bakings; baked pastry shells enough for two or three weeks; several loaves of fruit cake and so on.

The accomplishment of quick work is somewhat a matter of environment, for upon the general orderliness of the room depends the ability of the brain to think rapidly and to good purpose. No matter how hurried one may be there is no excuse for working in a clutter. The best possible method is to wash up the cooking dishes as fast as they are used, being careful not to duplicate utensils unless absolutely necessary; stack up the dishes, do not heap them in the sink, which means that they will have to be taken out again before washing. Learn to do two or three articles at a time, planning the work so that the same utensil may be used over without washing. For instance, a double boiler could be used for heating milk for junket, for making custard, and then for boiled salad dressing, without being washed. It takes brain to think

A WEEK'S MENUS

Breakfast	**Luncheon**	**Dinner**
MONDAY Baked Rhubarb Farina Top Milk Corn Omelet Graham Gems Cocoa Coffee	MONDAY Chicken Soup Spaghetti Italian Banana Salad Crackers and Cheese Tea	MONDAY Boiled Tongue Brown Olive Sauce Browned Potatoes Steamed Spinach Dressed Lettuce Peach Meringues Coffee
TUESDAY Half Oranges Boiled Salt Mackerel Creamed Potatoes Buttered Toast Cocoa Coffee	TUESDAY Creamed Tongue Boiled Brown Rice Tomato Jelly Salad Toasted Buns Marmalade Tea	TUESDAY Onion Soup Pot Roast of Lamb Mashed Potatoes Asparagus Drawn Butter Sauce Strawberry Shortcake Coffee
WEDNESDAY Grape Fruit Creamed Eggs on Toast Fried Cornmeal Mush Maple Syrup Cocoa Coffee	WEDNESDAY Cream of Salmon Soup Crackers Escalloped Cauliflower with Cheese Entire Wheat Biscuits Jellied Fruit Salad Honey Dressing Tea	WEDNESDAY Tomato Soup Cold Lamb Creamed Potatoes Hungarian Carrots Dressed Cress Chocolate Roll Pudding Foamy Sauce Coffee

Breakfast	Luncheon	Dinner
Thursday Half Oranges Ham Baked in Milk Roast Potatoes Warm Rolls Cocoa Coffee	Thursday Lamb and Rice Croquettes Creole Sauce Hot Corn Cake Marshmallow Figs Little Vanilla Cookies Tea	Thursday Clam Bouillon Veal Loaf with Macaroni Ragout New Beets Sliced Cucumbers Apples Baked in Maple Syrup Coffee Cream
Friday Corn Flakes Sliced Bananas Poached Eggs on Toast Cocoa Coffee	Friday Veal Soup Asparagus Loaf with Creamed Asparagus Tips Pineapple Salad Cheese Crackers Tea	Friday Halibut Baked in Milk French Fried Potatoes Cowslip Greens Radishes Red Cabbage Salad Steamed Graham Pudding Hard Fruit Sauce Coffee
Saturday Baked Prunes Flaked Fish Cakes Raised Rice Muffins Cocoa Coffee	Saturday Stewed Lima Beans with Tomato Pimento and Cream Cheese Salad Toasted Jelly Sandwiches Tea	Saturday Virginia Baked Ham Grape Juice Sauce Mashed Potatoes Dandelion Salad Egg Garnish Prunes in Orange Jelly Sponge Cake Coffee
Sunday Strawberries Oatmeal Top Milk Frizzled Beef and Eggs Popovers Cocoa Coffee	Sunday Grape Cup Roast Beef Potatoes Baked with the Meat Baked Onions Cucumber Salad Caramel Bavarian Cream Coffee Little Cakes	Sunday Deviled Shrimps Nut Sandwiches Olives Coffee Cream Cakes Lemonade, or Tea

ahead in this way, but it is planning of this sort that helps to relieve the monotony of housework.

Before commencing to prepare any dish, be sure that all the ingredients are at hand; then read the recipe through to the end, because the way a dish is combined has a marked influence on the result. If a cake is being made, prepare the pan, stand the shortening to soften and in the meantime get together the remaining ingredients, making one trip to the ice-box for milk, eggs and butter, then sit down and quickly put the cake together. If by any chance the kitchen is inconveniently arranged, collect the ingredients together on a tray and put them within easy reach of the working table. Sift enough flour for the different dishes at once; if several are being made, prepare all the pans together at the same time, and, by the way, cut out, in some spare moments, enough cake-pan linings and little squares of paper for oiling pans to last for weeks.

Try to prepare foods which may, as far as possible, have the same cooking medium. If brown bread is to be steamed, the rest of the dinner should be steamed along with it. If a casserole is to be made, do the rest of the cooking for the meal in the same oven. If the fireless cooker is at work, use it to the limit.

One of the greatest difficulties of most young housewives is how to prepare the various dishes for a meal so that they will all be done at the same and proper time. One long-suffering young husband confided to me that it took five hours for them to eat their first dinner, there were such long waits between the courses! The meal should be planned so that there are not more than one or two dishes calling for a great deal of preparation in each menu. When the meal is planned, sit down and think out the dish which it will take the longest time to cook, get that started and then take the other dishes in rotation, remembering to allow time enough for cold dishes to become thoroughly chilled. Find out just how long it will take to set the table, and plan between the processes to do this so accurately that nothing will be forgotten.

The best time to prepare the evening dinner is largely in the morning when it is necessary to be in and out of the kitchen, and the time to start the luncheon is while clearing away the breakfast. It may not seem possible to carry on so many things at once, and, at first, the young housekeeper will find it difficult, but it is only by learning to do several things at a time, dove-tailing them together, that she can learn to accomplish a great deal in a given time. No woman should be a slave to her work and yet every man has the right to come home to a dainty, rested and attractive wife. The only way in which this can be done is by planning the meals ahead and by systematic work.

PRINCIPLES OF FIRELESS COOKING

Whatever the type of cooker, there are several underlying principles which must always be heeded in the carrying on of successful fireless cookery: First, all utensils to be used for boiling, pot roasting or stewing must be equipped with tightly fitting covers. Second, any food to be boiled must be cooked for at least ten minutes before putting into the cooker. Third, if radiators are not used the food must be placed in the cooker while still boiling. Fourth, the cooker must be thoroughly cleansed with soap and water, and dried and aired before each cooking process, as, otherwise, the odors of stale food will affect the cooked product. Sixth, when two radiators are used the length of time to be allowed is the same for baking as in a coal range; for pot-roasting or braising a trifle longer. Seventh, without the radiators the time for boiling, simmering or stewing is doubled.

Eighth, foods to be cooked without radiators should be in quantities of at least two quarts, to make possible the retention of heat, otherwise a vessel of boiling water should be put in the cooker at the same time to form the necessary amount of heat.

The Possible Saving of Fuel. The question is often asked whether or not the fireless cooker is really practical. If intelligently used, there can be no doubt about it. From the standpoint of economy in money the saving is considerable, especially when used to supplement a gas or oil range. When gas is eighty cents per thousand cubic feet, for instance, the maximum costs per hour for operating the burners are as follows: a large top burner, 1½ cents; a small top burner, 1⅓ cents; the oven, 3 cents a burner, or 6 cents when both are used. A good sized pot roast should be cooked on a range from five to six hours. The cost, with the burner reduced almost half, would be from three to four cents. If prepared in the cooker, the cost is reduced to the length of time it takes to heat the radiators. It takes about three cents worth of gas to make medium-sized loaves of bread, yet they can be done in the cooker with no further expenditure than the heating of the radiators. Boiled cabbage with salt pork is a cheap dish when the ingredients are considered, but it becomes decidedly more expensive when the cost of the oil or gas is taken into account. The same is true of casserole dishes, baked beans, coddled apples, old-fashioned baked peaches and apple sauce, or stewed dried fruits and vegetables.

The cost, then, of cooking by the fireless simmers down to the length of time needed to heat the radiators and to carry on any preliminary preparation. The following table is adapted to gas range heat, but in using oil, alcohol, coal or wood equally good results may be obtained by increasing about one-half the length of time for heating the radiators. The most accurate method for testing the heat of the radiators is by a fireless thermometer, but, if one is not at hand, a little flour sprinkled on the stones will give the approximate heat.

Time Table for Heating Radiators

Boiling........12 minutes, flour pale tan color, thermometer 250°. Radiators of this temperature should be used for boiling cereals, meats, fish, vegetables and fruits.

Slow baking, or faster boiling...15 minutes, flour light brown, thermometer 325° to 350°. Suitable for casseroles, macaroni and cheese, escalloped cabbage, sponge cake, fruit cake, steamed puddings, etc.

Quick baking..18 minutes, flour brown, thermometer 375° to 400°. Suitable for bread, loaf cakes, baked potatoes, and other baked vegetables, baked beans, biscuits, fish, meat loaves, etc.

Roasting..20 minutes, flour dark brown, thermometer 425° to 450°. Suitable for roasting all kinds of meat.

When two radiators are to be used, the most economical way to heat them is to place one on top of the other, reversing their positions twice during the heating process. It takes half as long again as is necessary to heat one stone. In case the article to be cooked is to be brought to boiling point, the best way to do it is to place it on top of a heating stone, so that the one burner will accomplish both objects. The heating stones may be used to keep things hot for dinner when a hot closet is not available, and many a food which must be re-heated to insure keeping, as soup stock, may be done at this time. In camps and summer cottages the fuel used in heating the stones may do double duty in heating water for dishes, a bit of washing, or the baby's bath.

CHOOSING FIRELESS UTENSILS

As in all types of cooking the choice of utensils has much to do with success. The best results are obtained by the use of aluminum and glass. In all cases where boiling is carried on the covers must fit tight; the triple utensil is indispensable, for it makes possible the cookery of three things at a time with one radiator. For baked beans, escallops and casserole dishes the covered glass casseroles are invaluable. At the same time still more dish washing is avoided. If the saving of money is no object, economy of time appeals to most women, while to others a cool kitchen is of paramount importance. It is possible absolutely to control the heat in the cooker so that, when anything is put in, one need not fear that it will burn, provided it is left the right length of time. Foods that are boiled, stewed or braised will not be harmed by a little over-cooking, but foods that are baked, as bread, cake and the like, must be removed at the end of the necessary time, or they will burn, for the fireless cooker, when used with the heated radiators, is merely the old Dutch oven brought up to date. If the general principles of range cookery are understood, a few attempts will suffice to give the actual time needed in cooking various foods.

HOW TO USE THE COOKER

The following points, however, may prove helpful to the inexperienced. The obvious way to cook cereals is over night. They should be brought to the boiling point, boiled fifteen minutes, and put into the cooker together with a vessel of boiling water, boiling prunes, figs, apple sauce, or any other food which demands all-night cookery. No radiators are needed. In cooking tough meats, as fowl, rolled flank and the like, better results are gained by using one radiator at 250° and cooking over night; or for day cooking allow six to seven hours with the radiator heated to 325°. Allow four hours for boiling steamed pudding or breads, in quart-sized moulds; two hours for pint moulds. In this case the pudding moulds should be set into the utensil, half-filled with cold water, brought slowly to boiling point and boiled for ten minutes, before putting into the cooker. Allow one hour, with two radiators, for baking potatoes, an hour and a half for cooking onions or turnips or cabbage, fifteen minutes to the pound with two radiators for roasting beef or lamb, and twenty minutes to the pound for pork and veal. For soup stock, stews, corned beef and pot roasts of any desired meats, allow from five to six hours. One hour is sufficient to bake three-quarter-pound loaves of bread, twenty-five minutes for biscuits, from fifty minutes to an hour for a medium-sized loaf of cake, and the same length of time as is allowed in the oven should be given to pies.

If a very large loaf of cake is to be baked, better results will be obtained if the second stone is not put in place for fifteen minutes after the cake is started. All articles to be baked or boiled must be set upon a wire trivet, rather than upon the stone itself, to prevent liability of scorching.

The fireless cooker is just as capable of retaining cold as it is heat. To this end it is invaluable for the freezing of mousses or parfaits — that is ices which can be prepared without stirring. To a quart mould of mousse, four pounds of cracked ice and an equal amount of salt should be added. Once packed in a fireless utensil and put in the cooker, it may be entirely forgotten till serving time, as there will be no necessity for repacking. About four pounds less ice is needed when the fireless is used. It may also be used to equal advantage for packing cream that is to be moulded or even kept over night.

There is no doubt but that too much magic has been ascribed to the fireless cooker, for there are times when it is much more convenient and quite as inexpensive to cook by the ordinary methods. It is often said, for instance, that the whole meal can be put in to cook and that the housewife can leave for an afternoon of shopping or pleasure and will find her dinner ready on her return. This can be done only if foods suited to this kind of cookery are used, and they must be grouped according to the length of time it takes the "longest" one to cook. To illustrate: It would not be possible to put in a pot roast of beef, potatoes and peas at the same time, for the potatoes and peas would be sadly over-cooked by the time the meat was done. In this case cabbage, cooked by a method demanding long cookery, could be served as a vegetable, the potatoes would have to be fried at the last minute, or reheated in some other way, rather than being prepared in the cooker, and the dessert could be a pudding, as steamed whole wheat, with dates, demanding about five hours' steaming.

It is not necessary to have a separate list of recipes for fireless cooking. All casseroles, stews, soups, all vegetables needing long-stewing or baking, all fruits, both dried and fresh, needing long cooking, all cereals, all braised and boiled meats, or fish, and all steamed breads or puddings are well adapted to this method.

CASSEROLE COOKING

Most American housewives understand too little about the possibilities of cooking in the oven. The mind turns instantly to the casserole and the tougher cuts of meat, but these by no means exhaust the resources of the oven. There is no better way to make a chicken or other tender meat "go far" than en casserole; there is no more delicious way to cook fish, game, both dried and fresh vegetables, puddings, many cereals, and dried and fresh fruits, than in the oven.

Utensils

There are many utensils adapted to oven cookery, the most familiar being those of earthenware, which can be obtained for almost any price, and in many desirable shapes and sizes. If these are plunged into a kettle of cold water, brought slowly to the boil, and then boiled for five minutes before using, they will give good service; otherwise, they are apt to crack. The old-time Boston bean pot is an excellent utensil for cooking meats which are cut in comparatively small pieces, as well as fruits and dried vegetables, while the old-fashioned blue-and-white stew-pot, which can be obtained in almost any size, is especially suitable for use in large families, and is inexpensive. Attractive utensils of this kind are made of the new cooking glass; they are durable and very practical. At the same time they are the most easily cleaned of all oven-ware and the cooking can be carried on in a fourth less time than usual.

Whereas it is necessary to use a covered casserole for all long processes, various open dishes are especially adapted to the cookery of quickly-prepared foods. An earthen or glass baking platter, for instance, makes possible the preparation, without odor, of fish and many meats and vegetables; nor do they need special attention after they are in the oven. As the food should be served in the dish in which it is cooked, this is a real saving in dish washing. The ramekin, little sister of the casserole, is not only inexpensive, but is particularly useful for individual service, not only of savory dishes and vegetables, but of desserts. The family may tire, for example, of creamed corn, but if it is combined with a little left-over veal or chicken, well-seasoned, strewed with bread crumbs, and served *en ramekin,* it becomes a "new dish." The youngsters may often rebel at such a plebeian dessert as bread pudding, but if prepared in ramekins with a little meringue, topped with currant jelly, it becomes "something new."

Time of Cookery

Most women seem to think that casserole cooking necessitates a great deal of trouble in preparation, and a long time in the oven. The time consumed depends entirely upon the article of food. Boston baked beans, for example, take about eight hours in a very slow oven; a three-and-a-half-pound chicken, cut as for fricassee, takes about an hour and a half in a moderate oven, but it needs no attention while cooking, and when it is removed is ready to be put on the table. If a coal stove is used, the oven is ready for a casserole dish at almost any time of the day. If gas, electricity or kerosene is burned, the oven can be made to do double duty if some other dishes, which need a like temperature, are prepared at the same time. To illustrate: If a casserole of lamb is to be served for a six-o'clock dinner, it would be put in at four o'clock, and a pan of baked apples, and the carrots, parsnips or other vegetables could be cooked along with it. As any casserole can be prepared in the morning for cooking for the evening dinner, or the day before if the dinner is at noon, this is a great preventive of last minute work.

MENUS FOR OVEN MEALS

The following are two menus for luncheon and dinner, which may be termed "oven meals," as nearly all the foods can be cooked in the oven with the same heat.

A "Company" Luncheon

Baked Oysters in Shell
Casserole of Veal, Mexican Style
Buttered Potatoes
Tomatoes in Aspic, with Lettuce and Mayonnaise
Coddled Pears with Whipped Cream
Sponge Cakes
Bon-bons Coffee

A Home Dinner

Clear Tomato Soup
Casserole of Duck, Chicken, Lamb or Beef
Baked Potatoes
Sliced Onions in Broth
Salad of Shaved Cabbage, Shredded Peppers and Romaine
Peach Tapioca with Meringue (in ramekins)
Coffee

In the first menu the veal needs about an hour and a half's cooking; the potatoes an hour's; the coddled pears two hours'; the sponge cake twenty minutes' and the oysters ten minutes'. Obviously the pears can go in first, the veal following, the sponge cakes can be baked as soon as they are put together. There will then be room for the potatoes, and the oysters can be put in "at the last minute."

In the second menu the duck and tapioca should be put in at the same time, the onions a half hour later, the potatoes following about an hour before dinner is to be served.

Thickening the Casserole

If desired, any meat casserole can be thickened with rice, ground dried bread crumbs, barley, macaroni, or spaghetti. The amount of raw rice to use to a quart of liquid is one-fourth of a cupful; the amount of crumbs, from a half to three-fourths of a cupful, according to the dryness of the bread, and of raw macaroni or spaghetti about a cupful. In some cases it is advisable to incorporate the vegetable with the meat; for instance, a plain chicken casserole can be made in which the asparagus is combined with the chicken, being arranged in layers and thickened with rice. In case an especially abundant dish is desired, plenty of carrots, turnips and onions, together with beef, the whole being thickened with barley, is especially satisfactory.

Much has been said about the desirability of the casserole as a cooking medium for tough meats. Therein lies one of its greatest possibilities, for the meat benefits not only by the long cooking, but by the steam which is generated in the tightly-closed utensil. However, the liquid surrounding the meat should never boil; unless it is kept at a gentle simmer, the result will be disappointing. In case the casserole seems too dry, a little stock or water may be added from time to time during the cooking.

Left-Overs and Casseroles

Perhaps the woman who has learned to cook by imagination will find the casserole more useful than the one who cooks altogether by recipes, for the larder often contains various left-overs and odd vegetables which will fit into a delicious casserole, better than into any other dish. For instance, the woman who uses ham often finds scraps left over from cutting, bits of meat which have adhered to the bone, and the end which is unavailable for slicing. Often, she will utilize these strips for sandwiches, creamed ham, or an omelet for breakfast or luncheon, whereas they could be made into a much more substantial dish well-suited to a home dinner. I discovered this while keeping house on a farm ten miles from a railroad, when ham was a staple weekly article, and the garden in summer and the vegetable-cellar in winter were my chief assets. I used to oil my largest bean-pot with ham fat, put in a layer of sliced turnip, then a little minced ham, some parnsips, and more ham, a layer of sliced raw potatoes, some minced onions and shredded cabbage, interspersing every layer with ham, a sprinkling of flour and a little salt and pepper. Sometimes a few parboiled beans were added, the ingredients depending upon the season of the year. The whole was barely covered with ham liquor, or stock, and baked very slowly for at least three hours.

Not long ago I tested a recipe in which beef tongue was used, but found myself confronted with the root end for utilization. Into the casserole went these bits of meat, together with some chopped carrots, minced onion, chopped green pepper, tomato, salt, pepper, a few spices, dry bread crumbs for thickening and a little of the tongue liquor. It was good casserole, but one truly inspired by imagination and necessity!

Suitable Casserole Combinations

It is impossible to give all the combinations of meats and vegetables that are suitable to casserole use, but, as a general rule, it may be stated that the heavier vegetables of pronounced flavor, such as tomatoes, onions, carrots, turnips, parsnips and the like may be used with such heavy meats as beef, pork and ham, while the lighter vegetables — peas, asparagus, string beans and corn — are better suited to meats like chicken, pigeons, lamb, veal and guinea-fowl. This does not mean that onions, tomatoes and green peppers should be entirely omitted from the casseroles of lighter meats, but that they should be used more sparingly, only to assist in creating the fillip which will whet the appetite.

Seasoning Casseroles

The seasonings have a great deal to do with the success of the casserole whenever a "made dish" is being prepared. The touch of mint in the casserole of duck, for instance, lifts the dish into the epicurean. However, those who do not like highly-seasoned dishes will find the casserole of inestimable help in plain cookery. A fowl disjointed as for plain fricassee, salted and peppered, rolled in flour, browned or not, according to whether a white or brown result is desired, packed in the casserole, covered with hot water, and baked for three to four hours, according to the age, makes possible a dish in which all the chicken flavor is retained, and which demands almost no attention from start to finish. A three-pound chicken prepared by the same method will cook to perfection in fifty minutes to an hour in a glass casserole.

Few people are conversant with the delicious flavor of properly cooked fish, because it is usually fried. Moreover, most American housewives are prone to accept fish which is tainted. Just as soon as women realize that they control, by the law of supply and demand, the sale of absolutely pure food, the smell of strong fish will disappear from our markets and homes. The woman who lives at some distance from the market cannot usually procure fresh fish unless she is fortunate enough to have a sportsman in the family, but for her there are many varieties both salted and smoked. Properly treated, they are almost as good as when fresh. Salt cod, smoked halibut and salmon lend themselves admirably to casserole cookery. Salt mackerel, white fish, bloaters, as well as cod, salmon and halibut, can be used to most excellent advantage in the low, open casseroles, sometimes known as *au gratin* dishes, or on fireproof platters.

Cooking Vegetables *en Casserole*

It is sometimes advisable to cook turnips, parsnips, salsify, or chestnuts en casserole. In this case they should be prepared as for boiling, arranged in the casserole, covered with boiling stock, and cooked till tender, about three hours for the chestnuts and two for the vegetables. The latter should be cut in thin slices before cooking, and should be covered with beef stock, while the chestnuts should be cooked in chicken or veal stock.

Cooking Fruits *en Casserole*

A specialty of a well-known tea-room is old-fashioned red apple sauce, served with whipped cream. It is rich and of beautiful color, as much unlike ordinary apple sauce as can be imagined. Inquiry brought forth the fact that it was baked in the bean-pot, sliced apples and sugar being put in alternately, a little water added, and the whole cooked at least eight hours in a slow oven or fireless cooker. Pears and peaches may be cooked in a similar way, only, instead of being sliced, they should be pared, halved and the seeds removed, and they should not be stirred during the cooking. The various dried fruits may also be baked to good advantage. They should be washed thoroughly, soaked over night in water to cover, the proper amount of sugar added, together with any desired flavoring, and the baking done very slowly, the time varying from three to six hours, according to the quantity. Figs need lemon juice and rind, and may be served half cold from the casserole with a decoration of marshmallows.

Various dishes well suited to casserole cookery will be found in the chapters on meats, fish, fruits and vegetables.

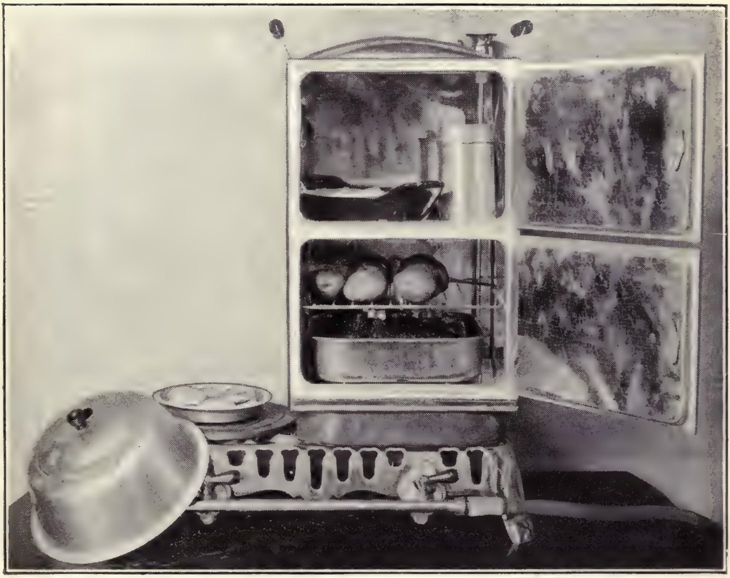
COOKING BY STEAM

The reduction of heat means the reduction of fuel. Every time a food can be adapted to top-of-the-stove-cookery, instead of the oven, there is a distinct saving, whether the cooking be by gas, kerosene or electricity.

With gas and kerosene stoves cheap in price, and with gas plates and small kerosene stoves still cheaper, there is no excuse for any woman saying, " I cannot afford this kind of cookery." As a basis there must be two burners for a small family of three or four members, more burners for the large family. But here, as in everything else connected with the furnishing of the kitchen, too much space and too large quantities lead to carelessness, and, in this case, waste of fuel.

The equipment for the cookery may be as inexpensive as one desires, but, if possible, it pays to buy the best quality in everything. The first purchase should be an adequate steamer, the size depending upon the family, but it should be large enough to make possible the cookery of several things at a time. There is nothing better in this line than the old-fashioned square cooker, equipped with shelves and a whistle which tells when water is needed. This cooker or steamer can be found in any large house-furnishing store, from about five dollars and upwards, according to the grade of materials used. There are less expensive steamers, round in shape, which are equipped with shelves, and which can be used with good results, if one is careful to put the food demanding longest cookery on the bottom shelf, and the one which will be done first on the top shelf to make removal easy. Then there is a good combination, aluminum steamer, which consists of a base that can act as a roasting pan, a top with shelves on which the steaming is done, and a lid on which cookies can be baked. For short time steaming this gives excellent results, but it is not so good in the cookery of things demanding a long time, because the base-pan is shallow, so that the water evaporates quickly.

These utensils are adapted only to steaming, which means that the oven must be used for baking. There is, however, a steamer on the market in which either one of these processes may be carried on. It is a pressure cooker, made of iron or cast aluminum and fitted with a cover which clamps tightly into position. It is equipped with a valve, which makes possible the emission of steam before removing the lid, thus avoiding the possibility of even a slight scald, and it is so constructed that there is no danger of an explosion, no matter how much steam is generated, for when the pressure reaches twenty-five pounds, an automatic spring valve releases the steam. It takes only a few moments to bring this to the temperature of the oven, and bread, cake, meat, or whatever is to be baked, may be put in a pan, set on a rack and completed as in the oven, for the heavy heat makes possible an even radiation. In pot-roasting or braising, the meat is simply seared in a little extra fat, put on the rack, and a very little water, plus the other desired seasonings, is added. For soup stock it is invaluable, only in this case, as in all others, where water is added, care must be taken not to put in too much, as there is very little evaporation. In case it is desirable to steam a pudding and two or three vegetables at once, a small amount of water is put in the bottom, the rack is adjusted, and the pudding in its mould, together with the vegetables in their various utensils, may be put in the cooker together. When the water is once boiling, the gas-flame may be reduced one-half. Some-



An Adequate Steamer

times one desires to pot-roast veal or lamb. In this case the meat is started at the proper time and the other vegetables are added according to the time it will take them to cook.

The general type of utensils best suited to cookery by steam, or in these improvised ovens, is the one which will absorb the heat most quickly, or the one which, when the heat is once absorbed, will hold it longest. Aluminum is the best example of the first type, and the new glass cooking ware of the second. This glassware may be used for almost anything which is to be steamed: for instance, possibly peas are to be cooked in this way — they can be put into a glass utensil suited to the service, a little water, a few grains of sugar and a bit of butter may be added, and the whole steamed, covered or not, as desired. Possibly swordfish is to figure as the main dish of a dinner. In this case the fish may be put in a suitable utensil, dotted with butter, a little salt and pepper, and a dash of lemon juice may be added, and the whole steamed until tender and flaky, about thirty minutes for fish cut three-quarters of an inch thick. If closely covered, other things, no matter how delicate, may be cooked in the same steamer with it, without absorbing the odors. If one only thinks, it is surprising to find how many foods may be steamed to good advantage.

Most of us, when preparing a cereal, correctly start it over the direct heat, and, after fifteen minutes, set it into a double boiler to cook the remaining time, usually from one to four hours, according to the kind that is being cooked. At the same time it is necessary to replenish the cooking water frequently. There is no reason why the cereal cannot be started as usual, the cooking being completed in the steamer along with some prunes, steamed apple sauce, an old fowl which demands long cookery to make it tender, a meat loaf or fish for the next day, or even some potatoes for the supper salad. There is no better way to save time and expense in cookery than to learn to do two or more things at once.

In case a stove is not equipped with a warming closet, the steamer may be used for this purpose whenever hot dishes are needed, and, if some members of the family or guests are late in coming to a meal, the foods may be kept hot in the steamer, with no more deterioration than in a hotel steam table.

It is not necessary to use specific recipes for steam cooking, any of those which are in ordinary use being adaptable, with this exception. In steaming puddings instead of baking them, it is necessary to add a little more flour or bread crumbs, according to the type of puddings to be made. Oftentimes, if one desires a brown dish, as in making escalloped tomatoes or fish, the actual cookery may be accomplished in the steamer, the dish being set for a minute or two under the gas flame to brown over. However, the demand for this browned appearance is largely esthetic, and may be gained by strewing over a few fried bread crumbs, or the dish may be garnished with a little finely-minced parsley, a few sprays of water-cress, a little sliced, hard-cooked egg, some finely-minced celery with tips, a few slices of tomato, some pickles cut fan-shape, a whole olive or two, etc., according to the kind of dish that is being prepared.

The following tables give a list of suggestions centering around standard recipes of foods that may be steamed:

Fruits: Apples, pears, peaches, cherries, blueberries, blackberries, raspberries. If the fruit is desired whole, make a sugar syrup of one cupful of sugar to one-half cupful of water, boiling them together for five minutes. Pour this over the prepared fruit and steam until tender. Liquid, or powdered, spices, or lemon juice may be added as desired. Brown sugar is delicious with pears. If the fruit is desired broken up, it should be occasionally stirred during the cookery.

Meats: Old fowl, steam five hours and remove the skin before slicing. Chicken, brown in fat and steam an hour. Shoulder of lamb, brown in fat and steam an hour and a half. It should be boned and rolled. Pork chops, brown quickly in fat and steam an hour. Rump of veal, brown together with onions and carrots, and steam an hour and a half to two hours, etc. All seasonings should be added when the meat is put in to steam, and, if possible, the meat should be in a covered utensil. All kinds of meat loaves may also be steamed.

Fish: Salmon, haddock, codfish, lake trout, swordfish, or bluefish. The thicker fish, as salmon, may be cut in steaks, seasoned and cooked, dotted with bits of butter, as described, or whole fish of more than three pounds may be laid in the utensil together with a teaspoonful of pickle spice, a little vinegar, salt, pepper and water, and may be cooked in this. All kinds of fish loaves may also be steamed.

Vegetables: Corn in the husk, peas, beans, succotash, corn in milk, spinach and other greens, with or without bacon or salt pork, turnips in broth, if desired, carrots, carrots and peas combined, whole tomatoes, summer squash, winter squash, cauliflower, cabbage, etc. The vegetables should be seasoned before putting on to cook, with the exception of green corn.

Desserts: All kinds of fruit bettys, tapioca, corn starch and cereal puddings, cottage pudding, bread pudding, all kinds of custard mixtures which it may be desirable to solidify. Chocolate puffs made of any good chocolate-cake mixture plus a little more flour, all kinds of fruit dumplings, and the usual boiled puddings made of stale cake, stale bread, suet, etc.

Breads: Boston brown bread and all allied mixtures, as steamed corn meal bread, steamed whole wheat and date bread, prune bread, steamed nut bread, etc.

CHAPTER X

THE SERVICE OF HOME AND COMPANY MEALS

SERVING HOME MEALS WITHOUT A MAID

It is not necessary to possess wealth in order to set an attractive table. The background is the table itself. If it has a polished top, it is often more convenient to use runners or doilies, instead of tablecloths. They may be used at all three meals, although to be strictly correct they should appear only at breakfast, luncheon or supper. If doilies or runners are used, the table-top should be waxed, not varnished, as the former finish is more durable, may be easily renewed, and does not show the marks of hot dishes or liquids that may be spilled.

Runners should be from twelve to eighteen inches in width, and should be long enough to extend to the edge of the table. In setting the table for four, two runners are used. In setting the table for six, a long runner is placed lengthwise of the table, and two shorter ones are laid across it.

Choosing the Linen

All-white doilies and runners are more satisfactory for hard use than colored ones. If doilies are to be used constantly, choose several sets alike, so that if some of the pieces are soiled there will be fresh ones of the same design to replace them. For practical use a center doily, about eighteen inches, and plate doilies, from nine to twelve inches in diameter, are all that are necessary. Small doilies may be provided for the tumblers, if desired.

For dinner it is customary to use a full-sized cloth over a silence cloth. But the woman who has to count laundry should feel at liberty to use on the dinner table whatever covering she wishes. It is surely easier to wash out a doily at a time than a whole tablecloth. But if a cloth effect is desired, a yard, or a yard and a quarter square of plain linen or damask may be bought ready-made, or may be fashioned at home, and used for the dinner table. In case colored squares are desired, there is nothing prettier than the Japanese cloths, which may be obtained from fifty cents up.

The China, Silver and Glass

There is some excuse for cheap dishes, but there is no excuse for handleless cups, and cracked or nicked plates and saucers, for, besides being unsightly, they are unsanitary and carriers of disease. Dishes are only a background for food, so quiet, simple patterns should be chosen. Well-polished glass lends an atmosphere to the table that almost nothing else can give, and unpretentious glass dishes may be made to look very attractive. Plain tumblers for water may be obtained almost anywhere for five cents apiece, and small glass bowls and cream pitchers, small dishes for relishes, lemonade cups and simple sherbet glasses may be purchased at correspondingly low prices.

The silver should be the best one can afford, but no matter how beautiful it may be the whole effect of the table will be marred, if it is not well-polished. It takes considerable time to clean silver, if it is allowed to become tarnished; but if it is always washed in water containing a little ammonia, and if badly tarnished pieces are cleaned at once, the discoloration is not difficult to remove. In case the plate wears off, any article may be replated at a reasonable price.

Setting the Table

The table service is greatly facilitated by placing all the silver used by each individual at his or her place. The various articles should be arranged in the order of use, the spoons and knives at the right, and the forks at the left in the order of use from outside toward the plate. If space is limited and the meal is informal the teaspoons may be placed above the plate but this is not strictly "good form." Salt and pepper shakers should be provided for each two people. Water glasses belong at the tips of the knives, and butter dishes, or bread and butter plates with butter spreaders, should be placed just above the forks. The napkins should be folded square, and laid at the left of the forks.

How to Cook and Serve

In case the mother cooks and serves the meal, as much food as possible should be placed on the table without overcrowding and without mixing the various courses. For instance, suppose that breakfast consists of fruit, uncooked cereal and cream, ham, potatoes, muffins and coffee. The fruit should be served individually, or else be put on the table as a centerpiece, and the bowls of cereal may be set just above each plate. Before the family is called to breakfast the butter should be served, and the coffee cups be put in the handiest position for use. If the table is not crowded, the breakfast plates may stand at the left of the father's place; the serving knife and fork for the ham, and a tablespoon for the potatoes should be placed at the right. If a polished table is used, asbestos mats, covered with linen slips, or woven grass mats, should be placed wherever hot dishes are to be put.

After the cereal and fruit have been eaten, the dishes may be cleared onto a large tray and carried into the kitchen. On the same tray the pot of coffee, the potatoes, ham and muffins may be brought back to the dining room. A tray rest, such as used in all hotel dining rooms, will be found a great convenience in case an empty serving table is not at hand. According to this plan a mother would need to make but one trip to the kitchen during breakfast.

Dinner is usually a hearty meal, but it can be served in the same general way. Suppose that the menu consists of soup, pot-roast, spaghetti, onions, celery, apple dumplings with lemon sauce and coffee. In this case the water should be poured, the butter served, and the bread placed on the table, as well as the crackers for the soup. The soup plates may stand before the mother, if the soup is to be served at the table, or may be filled and brought in just before the meal is announced. The dinner plates should stand at the father's left, or may be placed individually ready for the soup plates. The serving utensils for the meat and vegetables should be placed at the father's right.

After the completion of the soup course, the soiled dishes should be removed, as described, and the main portion of the dinner brought in. After this is eaten, the soiled dishes should be removed, the glasses filled and the dessert served. The coffee service may be arranged on a tray, which may be set directly on the table. On first thought it may seem too much of a task to serve a meal in courses, but it must be borne in mind that the dishes have to go to the kitchen anyway, and it is much easier to clear them away a section at a time, scraping and stacking them when the tray is being unloaded, than to attempt to untangle the heap of dishes that are piled helter-skelter on a table that is not cleared during the entire meal.

In case it is desirable to serve with more formality, and there is no maid, no woman should assume the task alone. The place of the mother is at the table, not only because of the effect she has on the children, but because of the selfishness that she is likely to inculcate in case she insists on waiting on them. It is an easy matter to train the older children to wait on the table, provided a few simple directions are heeded.

SERVING COMPANY-MEALS WITH A MAID

In case the meal is to be served by a waitress, it is customary to have on the table the following articles, when the meal is announced: At each plate the silver should be laid for the various courses up to the dessert, the forks on the left, the knives, spoons and oyster forks, if used, on the right in the order of use from the outside toward the plate. If used, the bread and butter plates with the spreaders, laid horizontally across, should be at the tips of the forks, and each should contain a roll, or one or two thin slices of bread and a pat of butter. Bread and butter plates are not used at a formal dinner or very formal breakfast or luncheon. The water glasses (or goblets for a dinner) should stand at the tips of the knives, the nut dishes and individual salts and peppers, if used, above the plates, the napkins (folded over once) at the left with the place cards upon them, and the service plates should be set between the forks and knives, like them an inch from the edge of the table. The glasses should be filled three-fourths full, and the first course should be in position on the service plate when the meal is announced. If a set of salts and peppers is provided for each two guests, they should be placed within easy reach of both. The relishes, such as celery and olives, are usually passed by the maid with the appropriate courses. It is no longer permissible to place them upon the table around the centerpiece.

The meal is served largely from the pantry, only the meat, the dessert, if desired, and the coffee, if the hostess wishes, being served at the table. In serving, the waitress passes all foods to the left, places all foods to the right, and, when removing a course which is to be immediately replaced by the following, she takes up the empty plate with the left hand and sets down the next course with the right hand. When the main course is served, the simplest method, after the carving utensils have been brought in and the meat placed, is to put before each guest a warmed plate replacing the service-plate. One extra plate should be at hand, and, as soon as the host has apportioned the service on the plate before him, the waitress should remove it, replacing it with the empty plate, place the filled plate before the first guest to be served, bringing back the empty plate to the host. The procedure is as before till all are served.

The first person to be served when the second course is placed is the lady at the right of the host. On serving the succeeding course the next lady should have the preference, and so on. In this way no lady is served last all the time. If desired, the ladies may all be served first, and then the men, but this method causes confusion, and is not often used.

Vegetables, gravy and other accessories should be passed on a small, doily-covered tray, or the dishes may be held in the hand if a napkin, or serving mitt, is provided. Between courses the waitress should replenish the water glasses, butter balls and anything else necessary. If extra silver is needed, it should be laid at the right of each guest but never passed on a dish containing a portion of food. Before serving dessert the table should be entirely cleared of everything except water glasses, decorations and favors, should be crumbed by means of a fringed napkin and plate, the water glasses filled, and the dessert served either from the pantry or by the hostess, according to the method described; however, if desired, a pile of plates may be set at the hostess's left, the waitress placing an empty plate in front of the hostess, replacing it when filled with another plate from the pile, and serving the guests in rotation.

The coffee may follow the dessert, or be poured by the hostess in the drawing-room. Finger-bowls should be served last on doily-covered plates which are not used for any other purpose. They are placed either at the right of, or directly in front of, the guests.

SERVING COMPANY-MEALS WITHOUT A MAID

In case the service is without a maid the procedure must of necessity be simplified. The meal should be of such a character that the foods can stand in the warming-oven and do not need any last-minute cooking. The individual places should be set as described. At the host's place should be laid the carving-knife and fork and gravy ladle; at the place to his left should be laid spoons for serving the various vegetables.

If this is done by a second person, it will greatly simplify the host's work at the table. Silver for the dessert may in this case ONLY be laid above the plate. The service-plate should be dispensed with except for the soup. In this case the soup and service plates should be removed together, as there may be confusion in passing if the service plate is used for the meat course. The salad may be arranged in a large bowl and dressed by the hostess at the table. The relishes may be on the table, as well as a plate of bread. Extra butter balls, water and whatever replenishings may be needed should be within easy reach on the buffet or wheel-tray. If there are guests, great care must be taken to avoid giving the impression that the hostess is "waiting on them." To this end the service should be from the table as far as possible and the older boys and girls should be called to wait upon the table. This plan works well, especially if there are two to do it. It is astonishing how service of this kind develops greater interest in home life and deeper appreciation of the mother. Before dessert the table is cleared and crumbed and the dessert is served by the hostess.

Coffee may follow, being poured at the table. It always takes longer to serve a meal without a maid, if time is taken between courses to stack up the soiled dishes in proper form for dish-washing, but in the end this is a great time-saver, and it certainly means much to go into a kitchen that looks fairly tidy after the serving of a company meal. So the waits between courses are justified.

The service for a formal breakfast is as described in this section. However, whereas candles are usually used at a formal dinner and sometimes at formal luncheons, if the room is dark and the weather dreary, they are out of place at a breakfast. Bouillon cups may be used at both breakfast and luncheon but not at a dinner.

For breakfasts and luncheons a handsome set of doilies, or runners, may be used, but at a dinner the table should be entirely covered with a cloth. Medium-sized Madeira, or other fancy, napkins may be used at breakfasts or luncheons, but only napkins of large size and of a type to harmonize with the cloth should be used at a dinner.

CHAPTER XI

THE CHAFING DISH

A woman is always at her best when performing some house-wifely rite, and over the chafing dish, with its many opportunities for skill and grace, she is supreme. But being really graceful depends considerably upon the arrangements. In the first place the chair should be high, for it is impossible to stir with ease, unless one's hands are near the top of the dish. A piano-chair is always practical as it can be turned up to just the right height. A hassock should also be provided.

The chafing dish itself should be set upon an uncovered tray to avoid all danger of fire from the lamp, and damage from boiling water. Just before setting in place the lamp should be filled and covered (to prevent evaporation). The ordinary lamp will hold about a quarter of a cupful — enough to burn a half hour. Extra alcohol should be in the filler, or, if one is not at hand, a covered pitcher may be used. As to the fuel, only pure grain or denatured alcohol is suitable, wood alcohol being very unsatisfactory because of its disagreeable odor.

The cooking utensils should be placed at the right of the tray, as one of the essentials of the success of chafing dish cookery lies in noiselessness. Only wooden spoons should be used for stirring; these may be obtained in olive or apple wood, fashioned in attractive design, and sell at almost any price. However, the regulation silver chafing dish spoon and fork should be used for the service.

Along with the spoons should be set a salt and pepper shaker, whatever other seasonings are used, as Worcestershire, or tabasco sauce, celery salt, etc., for no expert at the chafing dish ever seasons by measure (it looks too unprofessional); an extra napkin to be used in case of accident, and a spoon and fork to use for testing, if one is not sure of the seasoning. Matches, too, should be provided.

All the ingredients should be prepared beforehand and set within easy reach upon the dining table, or upon a small table or wheel tray. If the latter is used, it will facilitate the service of the whole meal, for a chafing dish affair is always informal and the guests can pass up their soiled dishes to be stowed away on one of the empty trays.

The chafing dish is not suited to elaborate cookery, but rather to quickly prepared mixtures, like eggs, oysters, cheese, etc., and to *rechauffés,* that is, re-heated cooked meats, fish and vegetables. However, for anything that is to be prepared, all ingredients should be measured and set in pretty receptacles. For instance, if hard-cooked eggs are to be sliced, it should be done beforehand. If chicken or fish is to be creamed, it should be diced, cheese sliced or shaved, as the case may be, oysters carefully washed and freed from the shell; butter made up into balls containing just a tablespoonful; flour measured, etc. If this is accurately done ahead in the quiet of the kitchen, all danger of failure is overcome, as nothing will be forgotten, and it will not be necessary to have a recipe in evidence — this always betrays the amateur!

Anything that can be cooked in a double boiler, or be prepared in a saucepan, is adapted to the chafing dish, although frying should not be attempted because of the disagreeable odor. As the chafing dish is primarily used so that foods can be served at once, and very hot, it also seems out of place to prepare dishes that must be arranged upon platters for service. The hot-water pan corresponds to the bottom of the double boiler, and the blazer to the top. Both should be supplied with handles. Other attachments are often used, as a toaster or a broiler, but they are not at all necessary.

As the chafing dish is limited to informal occasions, it is generally used only in the following instances: Sunday night tea, after-theater suppers, buffet luncheons, or as the hot course at a luncheon when there is no maid in attendance. The usual accompaniments are little rolls or biscuits, dainty sandwiches that harmonize with the dish to be prepared, a suitable salad, and a simple dessert.

If the salad is of fruit, it is often used in place of a sweet. A drink also is indispensable, the selection depending on the balance of the meal; tea, coffee, chocolate, cocoa, ginger ale, and fruit beverages of all kinds are in order. Unless a definite first course is provided, as a bouillon or fruit cup, a few *hors d'œuvres* should be passed to occupy the guests until the chafing dish creation is prepared. These may include olives, radishes, celery sticks, canapes, tiny, open fish sandwiches (one slice of bread only being used) and pimentoes in various forms.

The following menus show how these meals may be planned:

Menus for Sunday Night Suppers

I

Creamed Oysters (Chafing Dish)
Olive Sandwiches
Cheese Sandwiches
Salted Nuts
Sweet Pickled Pears
Celery, Date and Orange Salad
Mayonnaise
Charlotte Russe
Chocolate Cake
Coffee

II

Halved Peaches sprinkled with Almonds
Devilled Lobster (Chafing Dish)
Little Buttered Rolls
Salted Nuts
Candied Ginger
Cream Cheese and Olive Salad
Chocolate Frappé
Angel Cake
Raspberry Punch

III

Green Pepper Canapes
Eggs Poached in Creamed Asparagus (Chafing Dish)
Brown Bread and Butter Sandwiches
Radishes
Olives
Strawberry, Pineapple and Orange Salad
Cheese Sticks
Hot Chocolate
Whipped Cream

Menus for After-Theater Suppers

I

Chillaly (Chafing Dish)
Brown Bread and Butter Sandwiches
Lettuce
Celery, Walnut and Olive Salad
Baked Figs
Sponge Cake
Ginger Ale

II

Chicken *à la* King (Chafing Dish) Hot Toast
Salted Nuts Olives
Waldorf Salad Unsweetened Wafers
Pineapple Lemonade

III

Bouillon (Chafing Dish)
Creamed Halibut (Chafing Dish) with Pimentoes
Olive, Grapefruit, Celery and Endive Salad
Whipped Cream Cake Coffee

Menus for Chafing Dish Luncheons

I

Cream of Celery Soup Wafers
Chicken and Mushrooms (Chafing Dish) Saratoga Chips Rolls
Tomato, Cucumber and Lettuce Salad
Cherry and Pineapple Fruit Cup Little Nut Cakes
Coffee

II

Grapefruit Cocktail
Oyster and Celery Bisque (Chafing Dish) Crackers
Salted Nuts Olives
Stuffed Egg and Pimento Salad
Graham Bread Sandwiches Little Rolls
Little Apple Tarts Cream Cheese Balls
Tea

III

Cream of Chicken Soup Croutons
Spanish Omelet (Chafing Dish) Little Rolls
Banana, Pineapple and Nut Salad Cheese Sticks
Eclairs Coffee

The chafing dish is usually adopted when there is no maid in attendance, and, because of this, food for the entire meal is often placed on the table at once.

The first course is in position when the guests are called to the table, the chafing dish, with ingredients, is set in place, with a pile of serving plates beside it. The salad, arranged on a platter or in a bowl, is set at the place opposite, the plates being at the left of it while the dessert (unless an ice) is served individually, and set at the right of each guest; the *hors d'œuvers* and plates of sandwiches, cake, etc., are set where it is convenient. Extra butter and a carafe or pitcher of water are also on the table, while the service for coffee, tea, or any other drink to be served

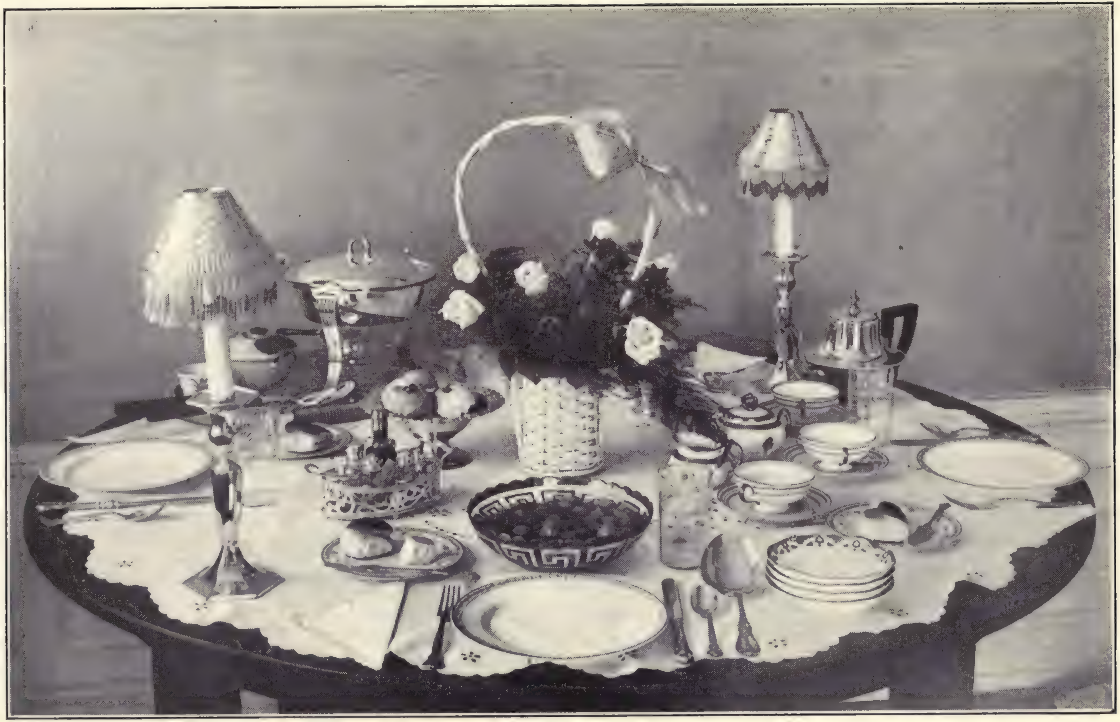


Table Set For Informal Chafing Dish Supper

is arranged on a tray and set either before one of the guests, or stands in readiness on the buffet for the hostess. After the chafing dish has been removed tea or coffee is usually made at the table.

If a chafing dish luncheon is being given and a maid is in attendance, the ingredients and plates are brought in by the maid. The hostess serves directly to the plates which are passed by the attendant. In cases where a maid is not employed the menu should be simple, the first course being in position when the meal is announced, the second consisting of the article that is to be prepared. In this case it is permissible to have the chafing dish on the table from the first, although it should be removed with the soiled dishes after the course is finished.

To be successful a chafing dish affair should not include more than ten guests — in fact six is a more convenient number — for the chafing dish has not been made that will serve more. If a larger group is to be accommodated, the tables should be enlarged, and a friend invited to preside over a second chafing dish.

A study of the chapters in this book which are devoted to left-over meats, eggs, cheese, soufflés, vegetables and fish will suggest many dishes that can be easily made in the chafing dish.

PART TWO

CHAPTER .I

MEASUREMENTS

There is no such thing as " good luck " or " bad luck " in cooking, if the recipe measurements are absolutely accurate and the housewife understands the range. Although many authorities advocate measuring out beforehand all ingredients needed for the dish to be prepared, any practical woman will readily see that this makes necessary the use of too many measuring utensils and dishes. It is much better always to keep standard half-pint measuring cups in the sugar and flour cans, teaspoons in the salt jar or tea cannister, and tablespoons in the coffee can, corn starch jar and so on. During the average morning's cooking it should not be necessary to use more than two extra measuring cups, one for ingredients not already provided with cups, the other for fats and liquids. There should also be a teaspoon and a tablespoon each for dry and liquid ingredients.

The equipment for accurate measuring is as follows: One standard half-pint tin or aluminum measuring cup; one standard half-pint glass measuring cup; one standard half-pint pitcher cup (for use in making mayonnaise, and the like), each divided into thirds and quarters; one-quart aluminum or tin cup divided into quarters, and standard tablespoons and teaspoons.

To measure a cupful of any dry ingredient, fill it full and level off the top with a knife, taking care not to pack it in. A spoonful should be measured in the same way — it should never be " rounded," unless specified. To measure half an ordinary teaspoonful, fill it level, scraping it off, and divide the contents into halves lengthwise. Flour, confectioner's sugar, baking soda and any other ingredient which is liable to lump should be sifted before measuring, while mustard, baking powder, etc., which settle from standing in the can, should be stirred to lighten.

A cupful, or spoonful, of any liquid is as much as the utensil will hold without running over. All fats, as butter, oleomargarine, lard or drippings, are packed down and leveled before measuring. When they are to be melted, it is specified in the recipe. Sixteen tablespoonfuls, level, of anything, will fill a half-pint cup. In preparing a portion of a recipe this rule will be found a great help.

CHAPTER II

BEVERAGES

ALL MEASUREMENTS ARE LEVEL

TEA

Good tea can be made only in a pot of china, silver or earthenware, as tea contains a decided acid and bitter substance, which is liable to combine with the metal of other receptacles, producing an unpleasant flavor and an unwholesome beverage. The problem in making tea is to bring out the stimulating principle therein, as well as the fragrant oil, and to avoid the development of the tannic acid. This can only be done by pouring boiling water over the tea, as water which is merely simmering does not develop the flavor. Tea should not stand on the leaves more than five minutes.

MAKING TEA

The easiest way to make tea in a pot is to measure the tea into a tea ball, which may be hung to the nozzle of the tea pot by the chain to which the ball is attached. At the end of five minutes the ball may be quickly lifted from the infusion and the leaves easily emptied into the garbage can, for nothing stains a white porcelain sink more quickly than tea and tea leaves. This tea-ball method is a real short cut, for it saves the washing of a strainer and a second pot into which the infusion must be strained, if the water is poured directly on the loose tea leaves. Needless to say the tea pot must be thoroughly washed and scalded. Tea should never be boiled.

The proportion of tea for each cup varies with the brand, but half a teaspoonful of good tea should be ample.

Iced Tea

6 teaspoonfuls tea
½ teaspoonful whole cloves
1 sliced lemon
¼ cupful syrup stock or sugar to taste (if desired)
1 quart boiling water

Put the tea in a crock or pitcher, pour over the boiling water and let stand, covered, five minutes in a warm place. Then strain it on to the cloves, lemon and sweetening, stir and let cool. Serve with a thin slice of lemon to each glass. Iced tea should be made stronger than ordinary tea, to allow for the ice dilution.

Afternoon Tea

1 teaspoonful tea
Candied or Maraschino cherries
Lime drops
Sliced lemon
Whole cloves
Boiling water

Measure the tea into the tea ball, put the cup with the desired flavoring (two cherries to a cupful), three cloves, one lime drop, or one slice of lemon, and pour over boiling water, allowing the ball to remain in until the tea is of the desired strength. Two cupfuls of tea may be made at a time without refilling the ball.

COFFEE

Coffee must be made as carefully as tea, in order to develop the fragrant flavor without overdeveloping the caffeine and tannin. To this end it should be made as quickly as possible and without much cooking. The best method is as the coffee tasters make it, the next, percolating or filtering. Old-fashioned boiled coffee is the least desirable method.

There are two essentials in making good coffee — first, an absolutely clean utensil; second, a generous quantity of a pure brand of coffee unmixed with chicory. Given these, no matter if the vessel be a tomato can or a silver urn, the result will be perfect, if care is used. Coffee should never be allowed to stand on the grounds after it is finished.

A moderate amount of well-made coffee, without cream or sugar, is a mild stomach stimulant, as well as slightly laxative. It has, however, a distinct influence on the nervous system, sometimes leading to general nervousness, tremulousness, loss of sleep and dizziness. In some cases actual indigestion may be traced to it, as caffeine acts adversely on some people, retarding digestion and causing flatulence with a consequent "sinking heart" sensation. Children are especially susceptible to these influences and should never be allowed to drink coffee.

There are several kinds of powdered coffee on the market, which may be dissolved in boiling water, and, if a really good brand is chosen, this is a satisfactory and economical method.

Coffee (Coffee Taster's Method)

To make the best coffee it should not be boiled.

Allow a tablespoonful of medium-ground coffee to each person. Put it in a heated enamel pot, and pour over it a coffee cupful of boiling water for each tablespoonful used. Bring to the boil and then let stand four minutes where it will keep hot, but not boil. Then add a dash of cold water to settle it. Coffee made according to this recipe contains a minimum amount of caffeine and tannin.

Percolator Coffee

Put the coffee in the percolator, pour in one cupful cold water to two tablespoonfuls medium-ground coffee for each cup to be made and put on the glass top. Set on the sheet-iron plate over the fire, bring to boiling point, and let boil from three to five minutes, according to the strength desired.

After-Dinner Coffee

Increase the amount of coffee one-half, and make either by the coffee filter or percolator method.

Cereal Coffee

3 pounds whole wheat
1 pound whole barley
1 cupful ground chicory
3 tablespoonfuls molasses
3 tablespoonfuls butter

Roast the wheat and barley until brown, stirring often. When as dark as a coffee berry, add the butter and molasses, stirring it until all is absorbed and the grains separate. Remove from the oven and, when cold, add the chicory.

Grind in a coffee mill. To make, use 2 tablespoonfuls of "coffee" to each person and 1¼ cupfuls cold water. Boil an hour, and serve with sugar and cream or milk.

COCOA AND CHOCOLATE

Cocoa

Cocoa, as directed on package
⅛ cupful sugar
3 cupfuls water
3 cupfuls milk
⅛ teaspoonful salt

Mix the sugar, salt and cocoa together, thoroughly; add the water, and boil five minutes. Add milk, boil up once, then beat with the Dover egg-beater, and serve. In making cocoa for children or invalids do not boil up the beverage — bring the milk just to a scald and combine with the boiled cocoa and water.

Hot Chocolate

2½ squares (ounces) chocolate
⅓ cupful sugar
3½ cupfuls milk
Few grains salt
1½ cupfuls boiling water

Shave the chocolate and add to the milk. Place over hot water and scald until the chocolate is melted. Add the water, sugar and salt and cook one hour. Beat well with an egg-beater and serve in chocolate cups with whipped cream, or 2 marshmallows to each cup.

Creole Chocolate

1 quart milk, scalded
2 squares (ounces) chocolate
1 inch stick cinnamon
1 cupful boiling water
½ cupful sugar
½ teaspoonful vanilla
Few grains salt
1 cupful whipped cream

Scald the milk with the cinnamon. Melt the chocolate, add the water, and, when smooth, add to the milk with the salt and sugar. Cook at least an hour over hot water, add vanilla, "mull" or beat with an egg-beater, and serve in chocolate cups with whipped cream.

COLD DRINKS

There is no reason why any household cannot enjoy a wide variety of cold drinks with but little expense and trouble, and without patronizing the soda fountain to an undue extent. It takes but little time to make up a few syrups which may be kept in sterilized bottles for use as needed. Plain syrup stock, that is a syrup of sugar and water, should always be kept on hand both in winter and summer, as it provides a rich, smooth sweetening for any drink, hot or cold, besides saving considerable time in preparation when it is needed. In other words, it is a "short cut" to have syrup enough for instant use in making a number of lemonades, or whatever the drink may be, instead of stopping to boil it each time.

Plain Syrup Stock

2 quarts water	6 pounds sugar

Boil together five minutes. Can hot in sterilized jars. Allow 1 tablespoonful to a person in sweetening any fresh fruit drink.

Chocolate Syrup

3 pounds cocoa (not rich in fat)	2 pounds granulated sugar 1 quart warm water

Dissolve the cocoa in a pint of cold water; dissolve the sugar in the warm water, add the dissolved cocoa, bring to boiling point and can hot in sterilized jars.

Chocolate Milk Shake

Use ¼ cupful of the syrup to ¾ cupful of milk.

Use 3 tablespoonfuls syrup, ½ cupful milk, 1 tablespoonful cream and 1 well-beaten egg.

Coffee Syrup

1½ quarts strong coffee	3 pounds sugar

Make the coffee very strong — 1 pound coffee to 1¾ quarts of water. Clear and strain; combine with the sugar and bring to boiling point. Can hot in sterilized bottles. It will keep indefinitely.

Use 2 tablespoonfuls of the coffee syrup to ¾ cupful milk.

Iced Coffee

Use 3 tablespoonfuls of the coffee syrup to 1 tablespoonful cream and ¾ cupful milk.

Coffee Egg Shake

Use 3 tablespoonfuls of coffee syrup, 1 well-beaten egg, 1 tablespoonful cream and ½ cupful milk.

Pineapple Syrup

1 pint bottle preserved pineapple juice or a pint of canned pineapple juice
1½ pounds sugar
3 cupfuls water

Dissolve the sugar in the water; add the pineapple juice and bring to boiling-point. Can hot in sterilized bottles. This will keep indefinitely.

Use 3 tablespoonfuls of pineapple syrup juice, ½ lemon and ¾ cupful ice water.

Vanilla Syrup

3 pounds sugar
1½ quarts water
2 tablespoonfuls vanilla extract

Dissolve the sugar in the water. Boil five minutes, add the vanilla and can hot in sterilized bottles.

Use 2 tablespoonfuls of vanilla syrup to ¾ cupful milk.

Malted Milk Egg

Use 1 tablespoonful malted milk dissolved in 1 tablespoonful desired syrup, 1 well-beaten egg and ½ cupful milk.

Lemon Syrup

6 large lemons
2½ quarts cold water
6 pounds granulated sugar

Grate the lemon rind into the sugar, add the lemon juice, and let stand, covered, five or six hours. Then add the water, stir till dissolved, strain, and can hot in sterilized jars. This will keep a month in a cold place.

Lemonade

Use 4 tablespoonfuls of the syrup to ¾ cupful water.

Orangeade Syrup

6 large oranges
1 large lemon
2½ quarts cold water
6 pounds sugar

Grate the rinds into the sugar, add the fruit juices and cover. Let stand six hours, then add the water, stir until dissolved, and strain. Can hot in sterilized jars. This will keep four weeks in a cold place.

Use 4 tablespoonfuls of syrup to ¾ cupful water and 1 teaspoonful fresh lemon juice.

Orangeade

2 cupfuls sugar
¾ cupful orange juice
1 quart water
¼ cupful lemon juice

Boil the sugar and water ten minutes with the orange rinds. Remove the rinds, chill the syrup, add the fruit juices and dilute to taste. Serve very cold with a bit of orange or mint as a garnish. This makes ten small glasses.

Raspberry or Loganberry Ade

1 quart can home-preserved raspberries or loganberries
Juice 2 lemons
1 cupful sugar
2 cupfuls water
Ice water

Boil together the sugar and water for ten minutes. Cool, add the raspberry, which should be quite liquid, turn in the lemon juice and let stand two hours to ripen. Dilute with ice water to desired strength, and serve without straining. The amount of water to be added depends upon the richness of the fruit. Usually this amount will make sixteen to twenty small glasses.

Pineapple Lemonade

2 cupfuls hot water
1 cupful sugar
4 cupfuls ice water
1 can grated pineapple
Juice 3 lemons

Make a syrup by boiling the sugar and water ten minutes. Cool. Add the pineapple and lemon juice. Strain, add the ice water and serve in lemonade glasses. This makes sixteen to twenty glasses.

Ginger Sorbet

½ pound candied ginger
2 cupfuls sugar
1 cupful lemon juice
Juice 2 oranges
2 quarts water

Chop the ginger fine, add it to the water and sugar and boil fifteen minutes. Cool, and add water to make it ten cups; add the fruit juice and serve either in glasses half-filled with crushed ice, or diluted with ice water. A cupful of cooked rhubarb juice, or one of strong tea, is a great addition. This will make sixteen small glasses.

Rhubarbade

1 pound diced rhubarb
½ cupful sugar
1 cupful water
Bit of ginger root
Juice 1 orange
Juice 2 lemons
1 quart ice water

Bake the first four ingredients till the rhubarb is soft and pink. Strain, add the fruit juices and ice water, chill and serve. This makes from twelve to sixteen small glasses.

Turkish Punch

1 quart canned apricots
1 cupful sugar
1 cupful water
2 cupfuls canned apple juice or cider
Juice 1 orange
Juice 1 lemon

Rub the apricots through a coarse sieve. Boil the sugar and water together for ten minutes and add to the apricots. When cool, follow with the other fruit juices. Let stand two hours to ripen, and dilute with ice water, or serve in punch cups half-filled with crushed ice and accompanied by straws. This makes twenty small punch cupfuls.

Varsity Punch

Juice 8 oranges
1 cupful lime juice
1 large can shredded pineapple
3½ cupfuls sugar
5 cupfuls water
Ice water

Boil the sugar and the water together for ten minutes. Chill, pour it over the fruit and lime juice and let stand two hours. Dilute to taste with ice water. This serves forty guests.

Picnic Punch

1 can grated pineapple
3 cupfuls boiling water
1 cupful freshly-made tea
Juice 6 lemons
Juice 10 oranges
1 quart grape, currant, loganberry or strawberry juice
1 bottle Apollinaris
1 quart sugar and 1 pint water simmered together 5 minutes

Cook the pineapple twenty minutes in the boiling water and strain. Cool, add the remaining fruit juices, the tea and the cooled syrup. Add the Apollinaris just before serving. It is better to make the punch a few hours ahead and let it stand, closely covered, on ice to chill and ripen. At serving-time, add the Apollinaris and water to dilute to the strength desired. Strawberries, mint leaves, or slices of banana are often added as a garnish. This serves fifty guests.

Grapefruit Punch

1 quart water
1¾ cupfuls sugar
1 pint grapefruit juice
1 cupful bits grapefruit pulp
Juice 1 lemon
½ cupful shredded Maraschino cherries
Shaved ice

Boil the sugar and water together for ten minutes. Cool, add the fruits and fruit juices and let stand an hour to ripen. Serve in glasses half-filled with shaved ice. If necessary, use additional sugar. This amount will fill twenty small punch glasses.

Grape Punch

1 pint grape juice
Juice 2 lemons
Juice 2 oranges
1 cupful cut oranges
2 quarts water
1 cupful sugar
1 cupful halved and seeded Tokay grapes

Boil the sugar and water together for ten minutes. Cool, add the fruit juices and fruit and either serve with cracked ice, or iced in a punch bowl. This amount serves twelve guests.

Cranberry Punch

1 quart cranberries
Juice 4 oranges
4 quarts water
Juice 7 lemons
1 pint can shredded pineapple
Granulated sugar

Boil the cranberries in one-half the water for thirty minutes; sift, add two-thirds as much sugar as cranberry juice to the remaining water and boil five minutes. Chill both mixtures, combine, add fruit juices and pineapple and serve with cracked ice. This amount will serve forty guests.

Cranberryade

1 pint cold water
1 pint cranberries
Juice 2 lemons
¾ cupful sugar

Cook the cranberries in the water until they burst. Add the sugar and boil one minute; cool, strain, add the lemon juice and dilute with cold water to the desired strength. This amount will serve from eight to ten guests.

Apricot Punch

1 quart can apricots
1 quart boiling water
1½ cupfuls sugar
Juice 2 lemons

Chop the apricots very fine and add the juice to them. Boil together the sugar and water for ten minutes; add to the apricots and let cool. Then add the lemon juice and dilute with ice water or cracked ice to the desired strength. This serves twenty guests.

Hot Grape Juice

For each cupful of grape juice allow a clove and a half-inch stick of cinnamon bark. Heat barely to boiling point, remove the spice, and serve with plain toasted crackers.

Colonial Fruit Punch

1 quart of canned red cherries
1 cupful orange juice
½ cupful lemon juice
2 sliced bananas
1 quart bottle Apollinaris
Sugar to sweeten, about 1 cupful dissolved in 1 quart boiling water

Dissolve the sugar in the boiling water and cool the mixture. Combine with the cherries and fruit juices; chill and, just before serving, add the bananas and Apollinaris.

Fruit Punch

2 cupfuls sugar
1 cupful water
1 cupful tea
1 quart Apollinaris
Ice water to make 1½ gallons
1 pint strawberry syrup
Juice 5 lemons
Juice 5 oranges
1 can grated pineapple
½ pint Maraschino cherries

Boil the sugar and water ten minutes. Add tea, fruit juices, pineapple and syrup. Let stand thirty minutes.

Strain, and add ice water to make 1½ gallons of liquid. Turn into a punch bowl over a large piece of ice and add the cherries and Apollinaris. This serves fifty people.

Tolland Cup

To each service allow from two to three tablespoonfuls of maple syrup, and ¾ cupful coffee of medium strength. Let stand to become very cold. Serve in tall, slender glasses, garnish with whipped cream, sweetened with maple syrup, and sprinkled with scraped maple sugar.

CHAPTER III

FRUITS

ALL MEASUREMENTS ARE LEVEL

PREPARING FRESH FRUITS FOR SERVING

Unless fruit is freshly picked and is free from dust and from all possible contamination, it should always be thoroughly washed before serving. This includes bananas, oranges, grapes and all fruits. The easiest way to wash the larger fruits is to put them in a colander and rinse them thoroughly in cold water; then drain them on paper towels. This should be done as soon as they come into the kitchen. Blackberries, strawberries and raspberries should be put in the colander, rinsed quickly, and then hulled, care being used to rid the fruit of all possible insects.

Oranges to be Eaten with a Spoon

The fruit should be cut in halves crosswise and, if these do not stand level, a thin slice of skin may be cut from the ends. The pulp around the edge should then be loosened by a curved grapefruit knife, which makes the process very quick. The membrane between the sections should be loosened until it is tender, and, if there is much pith in the center, it should be removed.

Oranges Flower Fashion

Cut down the skin in quarters, and then in eighths, to within an inch of the blossom end; then strip down in points and fold them over.

Orange Sections on a Strip of Peel

Cut an inch band around the orange crosswise through the center, remove the remaining skin, cut the strip and open out the sections.

Oranges *au Naturel*

Separate the orange into sections, arrange around a mound of sugar, or an individual plate, separating the sections with a few cluster raisins. Allow five sections to a person.

To Obtain Orange and Grapefruit Sections for Fruit Cups and Salads

Pare the fruit with a sharp knife till the juice runs and then cut out each section separately with a sharp knife. This is a quick method, and when it is used there is not only less waste but the pulp is kept whole and in perfect condition. These sections are called " carpels."

Sliced Oranges, Pullman Fashion

Pare the oranges with a sharp knife, slice thin crosswise, and arrange in glass dessert dishes with a little sugar between each slice. Chill thoroughly. If desired, some sweetened pineapple juice, or the juice from other canned fruit, may be poured over the orange slices, and the whole well-chilled. Cocoanut may be sprinkled over the serving if to act as a dessert.

Oranges en Casserole

Select thin-skinned Florida oranges, cut in halves, scoop out the seeds, fill the centers with sugar, arrange the halves in a glass casserole, pour in a cupful of water, and place a bit of butter on each half. Cook, covered, in a moderate oven till the skins are tender, about two hours. Then uncover to brown.

Orange Compote

6 navel oranges
1 lemon
½ cupful water
2 cupfuls granulated sugar
2 cupfuls apricot juice

Separate the oranges into sections without breaking the membrane. Make a syrup of the water, sugar, apricot and lemon juice, boiling five minutes, or until it threads. Add oranges, cover and cool. Chill at least an hour before serving.

To Prepare Grapefruit

Wash and cut the grapefruit in halves crosswise; cut around the outer edge of the pulp with a grapefruit knife. Snip the connecting cellulose with sharp scissors, and remove it with the center membrane, leaving the sections of pulp whole and in their places.

If desired sweet, fill the centers with sugar and let stand two hours before serving. If to be served without sugar as a luncheon appetizer, add a drop of tabasco sauce and a raw oyster.

Grapefruit, Filled with Tokay Grapes

Allow half a grapefruit to twelve Tokay grapes for each person. Loosen the grapefruit pulp, cutting the membrane and lifting it out as directed. Halve and seed the grapes. Add as much sugar to the grapefruit as is desired. Heap on the Tokay grapes and set aside for two hours — occasionally "basting" the grapes with the grapefruit juice, as it accumulates.

Bananas with Lemon Juice

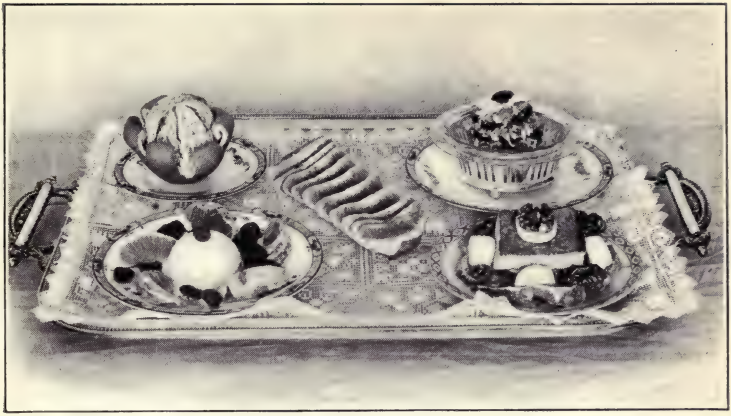
Wash and dry the bananas. Cut the ends off square and split the fruit in halves lengthwise. Divide the pulp in the skin into convenient mouthfuls, sprinkle with lemon juice and then plentifully with powdered sugar. Serve from the skins.

Baked Bananas with Raisins

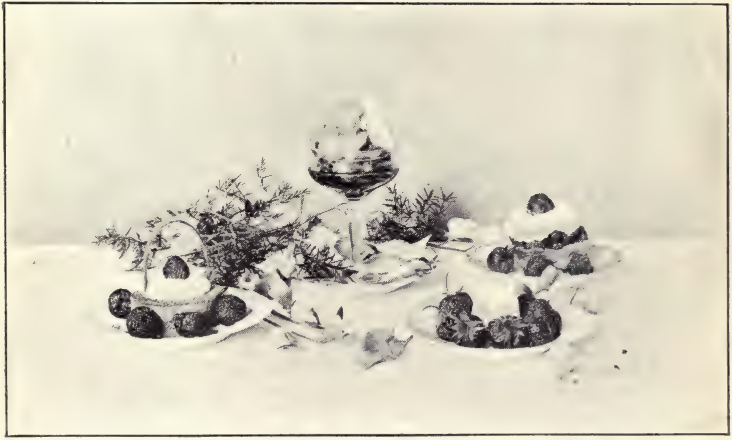
Peel the bananas and split lengthwise. Place in a baking dish, sprinkle the banana lightly with sugar and a little lemon juice, add a few raisins and water barely to cover the bottom of the dish. Cover and bake till tender, about twenty minutes, basting every five minutes with the water in the pan.

Baked Bananas with Cranberry Syrup

Peel the bananas and leave them whole. Place in a baking dish and put a bit of butter on each. Bake in a moderate oven twenty-five minutes, basting often with a little cranberry syrup. Serve with additional syrup as a sauce.



Ways to Serve Oranges: Flower Fashion, on a Strip of Peel, Sliced With Cocoanut and Cherries, Orange Club Sandwich au Naturel



Ways to Serve Strawberries: Strawberries au Naturel, Strawberry Cup, Strawberry Basket, Strawberry Fanchonnette.

Fried Bananas

Peel the bananas and cut in slices lengthwise and then crosswise. Brown gently in bacon fat and serve with broiled or baked bacon, or with lamb. If desired, they may be browned in butter or a good vegetable oil. In the latter case they should be slightly salted, and, if desired, may be lightly sprinkled with sugar, and a few drops of lemon juice.

Pineapple *au Naturel*

1 ripe pineapple	Powdered sugar

Dissect the pineapple into sections by means of a fork, separating around each " eye." It will be dissected easily into wedge-shaped pieces. Make mounds of powdered sugar on individual plates by packing it into a small after-dinner coffee cup or timbale mould; surround with the pineapple sections, and serve garnished with leaves of the pineapple. To eat, use the fingers, dipping the fruit into the sugar.

Sweetened Pineapple

Pare the pineapple and remove the eyes with the pineapple scissors, then grasp the crown of the pineapple firmly and shred down the pulp with a silver fork, leaving the core. Sprinkle liberally with granulated sugar, add a dash of lemon juice if desired, transfer to a covered glass jar and let chill a few hours before serving. If the pineapple is not very juicy, add a little warm water with the sugar.

Pineapple and Fruit, Fresh or Half-Frozen

1 large pineapple	1 pint sliced oranges, sliced bananas, sliced pears or halved strawberries
Sugar to taste	

Cut off the crown of the pineapple. Pare away the base so that it will set even, and with a knife and strong spoon scoop out the pulp. Then separate it from the core. Add this pulp to the other fruit, sweeten to taste, put in a covered jar, and pack in three parts of ice to one part of salt. Let stand an hour. When ready to serve turn into the chilled pineapple shell and garnish the base with pineapple leaves.

Frosted Grapes

Select large Malaga or Tokay grapes. After washing and drying rub them lightly with egg white, applying it with the fingers. Sift granulated sugar over them so that they are " frosted " and set in a draft of air to dry.

Use as a garnish for fruit cups, grape sherbet, etc.

Strawberries *au Naturel*

Make mounds of the sugar by packing it into small timbale moulds and turning out into the center of small plates. Brush the berries to remove any grit (do not wash unless absolutely necessary) and do not remove the hulls. Place in a circle around the sugar and eat with the fingers.

Strawberries Italian

Hull the berries, rinse with cold water and arrange in a jar in layers with sugar to sweeten. Add a little warm water to start the juice and the juice of half a lemon to a quart of berries. Let chill several hours before serving.

To Prepare Blackberries, Loganberries and Raspberries

Hull and rinse, arrange in layers with sugar to sweeten, add a little warm water to start the juice and chill for two hours.

To Serve Peaches

The quickest method for removing the skins is to scald the fruit with boiling water. If to stand any length of time before serving, sprinkle with sugar and a few drops of lemon juice to prevent discoloration.

Another method, when the peaches are large, is to remove the skins, cut the fruit in halves lengthwise, take out the stones, heap the centers with powdered sugar and serve the two halves on a small plate.

Halved Stuffed Peaches

Select large ripe peaches, peel them, and cut in halves, allowing one peach to each person. Sprinkle lightly with powdered sugar and lemon juice, and fill the centers of each with chopped, blanched almonds and raspberry jam. Serve with or without whipped cream.

Baked Rhubarb

- ⅓ cupful raisins
- 1 cupful boiling water
- ¾ cupful sugar
- 1 pound rhubarb, about 2 cupfuls cut in ½-inch pieces

Do not skin the rhubarb. Combine it with the raisins and water, and bake in a covered dish till the rhubarb is soft and pink. Add the sugar halfway of the cooking.

Coddled Pears

Select a dozen winter pears, wash thoroughly and place in an open stewpan with a cupful and a half of light brown sugar, two and one-half cupfuls of water and the rind of a lemon. Stew very slowly uncovered, turning often, for about two hours. Replenish the water if necessary. Remove the pears and cook the syrup down to a thick consistency. Add a tablespoonful of lemon juice to it and pour over the pears.

Apples with Cheese

Select apples of marked flavor and good color. Serve well-polished, passing Neufchatel or cream cheese. The apple is to be sliced, the cheese spread upon it and eaten by means of the fingers. This is a typical Italian dish.

Broiled Apples

Pare the apples and core them, cut in thick, crosswise slices, dip in crumbs and melted butter, and broil gently until they are tender.

West India Baked Apples

- Large tart apples
- Bananas
- Sugar
- Cinnamon

Wash apples, remove cores and cut slices off the base so that they will rest evenly. Peel the bananas and insert a piece in place of the apple cores. Dust with cinanmon, place a spoonful of sugar on top, and set in baking dish, containing a little water, to bake. Cook in a moderate oven, basting occasionally, till tender. Serve cold.

Baked Apple Sauce

8 apples
¾ cupful granulated sugar
½ cupful water to cover partially

Wash, pare and core the apples. Cut in eighths. Place in a baking dish or casserole with the sugar and water, cover and bake till deep red in a slow oven. This will take about three hours.

Apples Baked in Maple Syrup

6 apples
Bananas
Lemon peel
1 cupful maple syrup
1 cupful water

Core the apples, and insert in each a piece of banana. Set the apples in a baking dish; add the syrup, lemon peel and water, cover and bake gently until tender, basting occasionally. Remove the apples, boil down the syrup till it threads, pour over the apples and serve very cold with soft custard or whipped cream flavored with maple syrup.

Coddled Apples

6 medium-sized rosy apples
2 cupfuls boiling water
½ cupful sugar
Few peelings orange rind

Wash the apples and simmer slowly until tender in a syrup made of the other three ingredients, turning the apples often so that they will cook evenly. When done, transfer to a platter, and boil down the syrup until it is thick and dark. Pour over the apples. Serve very cold with plain or whipped cream, or boiled custard. Remove the orange rind before the syrup is boiled down.

Apple Cups with Rice

6 rosy apples
1 cupful sugar
1 cupful boiled brown or uncoated rice
1 cupful soft custard, if desired

Wash the apples, cut off the tops, and with a small sharp teaspoon remove the centers forming cups. Cook gently in a syrup of 2 cupfuls of water to 1 cupful of sugar, until tender. Carefully shape and fill the centers with boiled rice. Pour over the syrup from the apples, which has been simmered until thick. Cool and serve with whipped cream.

Apples, Cranberry Style

Select perfect apples, core them and fill the spaces with cranberry conserve or jelly. Bake gently, basting frequently with a syrup made of equal parts of sugar and water. When tender, transfer to a serving-dish and pour over them the syrup which should be thick enough to jelly. Chill the apples, and serve with whipped cream flavored with sifted cranberry sauce; use one-fourth cupful of this to one cupful of heavy cream, sweetened to taste.

Stewed Plums with Chestnuts

1½ cupfuls sugar
2½ lemons
1½ cupfuls water
1½ cupfuls boiled chestnuts
2 dozen purple plums

Boil the sugar and water together for ten minutes; then add the lemon, sliced thin, and the plums, cooking gently till they are tender. Remove the plums and cook down the syrup one-half. In the meantime remove the shells from the chestnuts, add to the syrup when it is done and pour over the plums. Serve very cold.

Fruit Cups or Cocktails

Fruit Cups or Cocktails may be made of almost any fruit in combination with one or two others, if properly sweetened and flavored. As the portions should be small, not more than two tablespoonfuls of fruit and juice to a person, the fruit cocktail can often be made of materials which are on hand. In many instances, as with currants and other fruits which are very acid, the smoothness of the cocktail depends upon a little preliminary cooking. For instance, to make a cocktail of a cupful of currants, a few raspberries and a little mint, sugar, in proportion to the acidity of the currants, should be combined with them together with a little tepid water, not more than two tablespoonfuls, and the whole gently cooked for about five minutes. If this is done, the fruit may be kept for several days, the raw raspberries and a trace of mint being added at least two hours before serving time so that the flavors may become blended. It is a good plan to put the cocktail together in a glass jar early in the day and let it stand next to the ice till serving-time. If raw fruits entirely are to be used, they should be allowed to stand in a syrup made of a cupful of sugar to a half cupful of water to insure smoothness of flavor. Many fruits are greatly improved by the addition of a little lemon juice — not enough to make the cocktail sour, but just a dash to heighten the natural flavor. Various combinations of fruits, suitable to use in cocktails, are:

1. Blackberries and sugar syrup (as above) with nutmeg and lemon juice to season.
2. Red raspberries, diced oranges and sugar syrup.
3. Shredded fresh pineapple, with stoned cherries and sugar syrup, or diced oranges and syrup, with or without a trace of mint.
4. Small cubes or tiny balls of watermelon, diced pineapple, syrup and lemon juice to taste.
5. Cubed canteloupe, with sugar syrup, nutmeg and lemon juice to taste, if desired.
6. Blackberries, syrup and diced banana.
7. Diced peaches, syrup, minced angelica, a few stoned cherries and a little diced orange.

Grapefruit Cup No. I

Remove the pulp from three large grapefruit. Cut each section in thirds, or halves, according to size. Sprinkle with sugar and chill. Serve plain or with a garnish of mint leaves, with one tablespoonful of grape juice poured over each serving.

Grapefruit Cup No. II

3 grapefruit
6 Maraschino cherries, shredded
6 tablespoonfuls sugar
½ cupful seeded and quartered Malaga grapes
1 tablespoonful lemon juice

Peel the grapefruit and remove the sections, cutting each one in thirds; add the sugar, grapes and lemon juice and let stand, covered, one hour in a cold place to ripen. Pour into frappé glasses and decorate with shredded cherries.

Grapefruit Cup No. III

2 large grapefruit
Granulated sugar
4 tablespoonfuls candied ginger
4 canned-pear halves

Prepare the grapefruit and cut the pulp in small pieces. Sweeten and add the other ingredients and let stand in a cold place to chill. Serve in glass cups, and sprinkle with a little extra ginger for a garnish.

Orange Mint Cocktail

6 oranges cut into sections, all membrane being removed
3 tablespoonfuls fresh mint, minced
1 tablespoonful lemon juice
6 sprigs mint
Powdered sugar

Mix together the orange sections, minced mint and lemon juice with sugar to sweeten. Let stand at least two hours in a cold place, then divide into six cocktail glasses, or small sherbet glasses, and garnish each serving with a sprig of mint.

Prune and Orange Cup

18 cooked prunes
3 oranges

Halve the oranges and remove the pulp with a spoon. Remove the stones from the prunes and cut the prunes in thirds. Mix with the orange pulp; add a little sugar if necessary and let chill. In the meantime wash the orange shells well and dry them. Re-fill with the mixture, and serve on plates covered with paper doilies.

Watermelon Cup

To each pint of watermelon balls (made with a French potato scoop) add $\frac{1}{4}$ cupful of sugar, $\frac{1}{2}$ tablespoonful lemon juice, six minced Maraschino cherries, and six cooked raisins. Let stand to become very cold and serve in frappé glasses.

Banana Cup

6 ripe bananas
2 grapefruit (pulp and juice)
2 oranges
6 tablespoonfuls powdered sugar
6 candied cherries

Peel the bananas and form into tiny balls with a French potato cutter. Remove the pulp from the oranges and grapefruit, cut in bits and add to the balls with all available fruit juice. Add the sugar and let the mixture stand until well-chilled; serve in high sherbet cups. Garnish with the cherries. Use the banana pulp remaining from the balls toward a dessert for the next day. (See Banana Bavarian Cream.)

Summer Fruit Cup

Let slices of peeled peaches, bits of prepared pineapple, stoned cherries, white grapes, seeded and skinned, and orange juice, stand in their own juice and syrup to half cover, until thoroughly chilled. Serve in tall glasses, as an appetizer, with a few spoonfuls of any fruit sherbet or water-ice.

Fig Fruit Cup

2 cupfuls cooked figs, cut into bits
1 cupful peaches, cut into bits
½ tablespoonful lemon juice
½ cupful quartered marshmallows

Mix thoroughly. Let stand in a cold place two hours, and serve with or without whipped cream. Use only as a dessert.

Cantaloupe Cup

Wash small melons, cut in halves crosswise, scrape out the seeds, scoop out the pulp with a spoon. To each cupful of pulp add an equal quantity of shredded pineapple, ¼ cupful of currant or raspberry jam, 1 tablespoonful lemon juice, a grating of nutmeg and sugar to taste. Let stand, covered, for two hours in the ice-box. Refill the shells and serve individually, each on a grape leaf. If desirable, the fruit may be chilled in an ice-cream freezer with one-quarter as much salt as ice.

It should not be allowed to remain more than two hours as it will turn to ice.

Fruit Soups

Fruit soups are made of sifted, stewed fruit, sweetened, thickened with corn starch, arrowroot or tapioca to the consistency of a cream soup, sweetened to taste while hot, and flavored with a dash of lemon juice, or a little spice. They are then chilled and served in tiny bowls, or bouillon cups, as appetizers, or in glasses as informal desserts or for the children's supper.

General Directions for Fruit Soups

Currants, cherries, raspberries, blueberries and grapes, as well as rhubarb and strawberries, may be used. As much water again may be added over that generally used in the plain stewing of fruit. A tablespoonful of corn starch or arrowroot, dissolved in a little cold water, should be used to thicken each pint of liquid. Sugar and a few grains of salt may be added to taste. A tablespoonful of pearl tapioca, or a half tablespoonful of quick tapioca, should be used to each cupful and a half of " soup " if this thickening is chosen.

DRIED FRUITS

During the winter months, when fresh fruits are expensive and, in some cases, not to be obtained, the dried fruit fills the breach, offering in great variety the minerals and acids that are necessary to sustenance. It is not generally known that during the process of evaporation all fruits undergo a slight chemical change increasing the amount of sugar which they contain. The reason that dried fruit sauces frequently taste insipid is because this latent sugar is entirely ignored, the sauce being sweetened until the tart fruit flavor is entirely overcome. Prunes, for instance, contain a large percentage of sugar, almost identical with cane sugar, yet the majority of housewives add an excess amount of sweetening, and then say that " Their family will not eat prunes." Really good cooking consists in developing natural flavors, and well-cooked dried fruits are redolent with their own deliciousness. Just as lemon juice is frequently added to brighten fresh pineapple, or orange juice to strawberries, the evaporated fruits are often made more sparkling by the addition of other flavors. Ground cinnamon or cloves may be occasionally used with prunes, ginger root or candied ginger with pears, while orange and lemon rind and juice, or a little tart jelly, are additions to all varieties.

General Directions for Cooking Dried Fruits

The dried fruits in common winter use are pears, peaches, apricots, prunes, loganberries, strawberries and figs, while dates have a definite place in combination with other materials. Only the sun- or home-dried varieties should be used. Because of the tough skin, it is usually necessary to soften and cook them before they appear in any way. First of all, they must be washed thoroughly, then submerged in warm water for twelve hours in a covered utensil. At the end of this time they will have swollen to their original shape, and, although uncooked, are already tender. The cooking may be done in three ways —in the double boiler, in a crock in the oven, or in the fireless cooker. In any case the water in which they are soaked serves as the liquid, the seasoning, as orange rind or spice, is put in at the beginning of the process; the liquid must not boil, and the sugar is not added until the last half hour. As a general rule, not less than two hours should be allowed for cooking prunes, apricots and peaches, while pears and figs are improved by three or four hours' time. Loganberries may be cooked in an hour. Like most of the dried fruits, prunes and figs are laxative, partly because of their coarse skin, and partly because of marked purgative properties.

Stewed Prunes

1 pound prunes
Water to cover — about 3 cupfuls
Rind of half an orange
½ cupful sugar (if desired)

Wash the prunes, brush and soak over night in cold water to cover; in the morning add the orange rind and bring very slowly to boiling point, then set back on the range and let cook slowly for two hours. Add sugar, if desired, after an hour and a half of cooking. Or, after reaching boiling point, put in a double boiler and let cook three hours.

Thickened Prunes

1 cupful prunes
2 cupfuls water
¼ cupful sugar
Few grains salt
1½ tablespoonfuls corn starch or arrowroot or 2 tablespoonfuls quick tapioca
A few shavings of orange rind
1 tablespoonful lemon juice

Wash the prunes and soak for twenty-four hours in two cupfuls of water. Add the orange rind and salt, and cook the prunes until nearly tender. Add the sugar and finish cooking. Skim out the prunes from the syrup. There should be one and one-half cupfuls of liquid left. If there is not, add boiling water to make up the balance. Thicken with the corn starch dissolved in a little cold water, and let boil up. Add the lemon juice. Remove the stones from the prunes. Add the prune syrup to the fruit and serve hot on French toast, or ice cold, plain or with whipped cream.

Pickled Prunes

1 pound small prunes
Juice and rind two lemons
4 blades mace
2 teaspoonfuls whole cloves
1 teaspoonful allspice
2 peppercorns
2 cupfuls sugar
½ cupful vinegar

Wash the prunes and put on to cook in one quart of water. Add the lemon rind, and the spices tied in a cloth, and simmer for two hours, replenishing the water as it evaporates. Add the sugar and cook an hour longer, turn in the vinegar and lemon juice and boil for five minutes. Cool and serve with game, poultry or roast lamb.

Baked Figs

1 pound pulled or layer figs
Rind and juice 1 orange
½ cupful sugar
Dash salt

Wash the figs thoroughly and soak over night in water to cover. Place in an earthen dish, with salt and the grated orange rind, and bake very gently for three hours. Then add the sugar, cool, add the orange juice, and serve with or without whipped cream.

Marshmallow Figs

Wash pulled figs and let stand over night in water to cover. In the morning cook in the same water in a double boiler till tender (or bake, as directed in previous recipe); add a little candied orange peel. When done, remove and simmer down the syrup directly over the fire. Cut a slit in each fig, and insert half a marshmallow. Arrange in high sherbet glasses, pour over the syrup, and serve very cold, with or without whipped cream.

Stewed Figs

1 pound pulled or dried figs
Juice ½ lemon
½ cupful sugar

Wash the figs and put in a double boiler top, with cold water barely to cover. Let stand twelve hours, then set over hot water and cook gently until tender. Remove the figs, add the sugar to the remaining liquid and boil hard for ten minutes. Cool, add lemon juice and pour over figs.

Stewed Dried Pears

1 pound dried pears
¾ cupful brown sugar
Juice and rind ½ lemon
1 quart cold water

Wash the pears; put to soak for twelve hours in the water to become soft. Then set over a low heat to simmer, cooking with the lemon rind until nearly tender; sweeten, cook ten minutes longer, cool and add the lemon juice.

Dried Apricot Jam

1 pound dried apricots
2 lemons
1 orange
Water
Granulated sugar

Soak the apricots over night with the sliced orange and lemon rind and pulp; then stew very slowly, until soft, in the same water barely to cover; sift through a coarse colander and add two-thirds as much granulated sugar as apricot pulp. Simmer down very slowly till of the consistency of apple butter or jam, then seal in sterilized glasses.

CHAPTER IV

CEREALS

ALL MEASUREMENTS ARE LEVEL

GENERAL DIRECTIONS FOR COOKING CEREALS

In preparing cereals put the right amount of boiling water into the upper part of the double boiler, add a teaspoonful of salt to each pint of water and, when this is boiling rapidly, stir in the necessary amount of cereal with a fork so slowly that the liquid does not stop boiling, for if this happens the cereal is liable to fall to the bottom of the utensil and the grains stick together, causing lumps. The cereal will have to be stirred occasionally during the direct cookery, which should last fifteen minutes. The method of cooking over the direct flame is used quickly to burst the grains, so that the starch may come at once in contact with the boiling water and receive its fair quota of cookery. It may then be set over the lower part of the double boiler containing boiling water and be allowed to cook the remaining time designated in the following table.

If desired, the first cookery may be done at night while the dishes are being washed, and be finished in the morning. If a long-time cereal is to be prepared, it may be entirely cooked the day before, left in the double boiler with the lid on to prevent the formation of crust, and, in the morning, a little hot water poured over the top, and the cereal gradually heated. When it is hot, it may be gently stirred with a fork and the hot water will slowly diffuse into the cereal, making it soft but not lumpy. This same process may be employed in re-heating left-over cereals for the next day's use.

Kind	*Quantity* cupfuls	*Salt* teaspoonfuls	*Water* cupfuls	*Time*
Farina	1	2¼	5	45 minutes
Rolled Oats	2¼	2¼	4½	45 minutes
Rice Steamed	1	1½	3	45 minutes
Brown Rice Steamed	1	1½	3	45 minutes
Plain Boiled Rice	1	1½	4½	25 minutes
Brown Rice Boiled	1	1½	4½	45 minutes
Whole Oatmeal	1	1½	4	3 hours
Fine Hominy	¾	1½	3	1 hour
Coarse Hominy or Samp	1	2	4	3 hours
Cornmeal	1	1½	6	3 hours
Bran	3¾	1½	3	5 hours

The many steam-cooked and "partly-cooked" cereals on the market should be cooked one hour despite the directions on the package.

Fried Meat Mush

Prepare cornmeal mush by adding a scant cupful of home-ground cornmeal to a quart of boiling water containing 1½ teaspoonfuls of salt. Let it cook slowly for thirty minutes, then add a generous pinch of sage leaves, and from one to two cupfuls of minced cold meat — beef, lamb, ham, or veal, left-over cooked sausage or bacon, or a mixture of them. Pour into a small bread tin or pound baking powder cans and let stiffen. Unmould, dip in flour, and fry either in deep fat or in bacon drippings.

Fried Cornmeal Mush

1 quart boiling water
Home-ground cornmeal
1 teaspoonful salt
A little sage

Make an ordinary thick mush of the boiling water and cornmeal. Season with the salt and pour in a shallow pan to stiffen. Then dip in a beaten egg diluted with half a cupful of milk; then in fine dry crumbs, and fry in bacon fat, or in deep fat. Serve with crisp bacon. Or omit the sage, fry in deep fat and serve with syrup.

Mush, Hunter's Style

4 cupfuls boiling water
1½ teaspoonfuls salt
Light cream
¾ cupful home-ground cornmeal
Scraped maple sugar

Add the salt to the water, then gradually sprinkle in the cornmeal. Let cook fifteen minutes over a free flame; then forty-five minutes in a double boiler. Serve with cream and scraped maple sugar.

Hominy and Nut Roll

1¾ cupfuls chopped English walnut meats
¾ cupful hominy (coarse)
1½ cupfuls milk (scalded)
1 hard-cooked egg
1 teaspoonful salt
¼ teaspoonful pepper
½ cupful fine dry bread crumbs
1 teaspoonful minced parsley
1¼ teaspoonfuls onion juice

Combine the salt and milk and cook until soft in a double boiler. Chop the egg and walnuts and add with other ingredients to the hominy. Season well to taste and form into a six-inch roll. Cover with buttered crumbs. Dot with bits of butter or oleomargarine and bake one-half hour in a moderate oven, basting occasionally with 2 tablespoonfuls of butter (or substitute) melted in ½ cup of hot water. Serve very hot with nut sauce.

Fried Hominy

Pour cooked hominy into baking powder cans that are well-oiled. Let stiffen; turn out, dip in flour and fry in beef drippings, bacon or ham fat or deep fat till browned.

Hominy Omelet

3 cupfuls cooked coarse hominy or samp
Bacon or sausage fat
2 cupfuls well-seasoned thickened stewed tomatoes

Melt the fat in a large frying pan, spread in the hominy, pack it down, and fry gently until well browned. Then spread half of the tomato mixture on this, fold it over, slide onto a platter and serve surrounded by the remaining tomato. To make this into a substantial supper or luncheon dish, garnish it with cooked sausages or bacon.

Plain Macaroni

¾ cupful macaroni, broken in ½-inch pieces
2 quarts boiling water
1 teaspoonful salt
1½ cupfuls white sauce

Cook the macaroni in boiling salted water twenty minutes, or until soft, and drain in strainer; cold water may be poured over it to keep the pieces from adhering, but if this is done food value is lost; add to the white sauce. Re-heat and serve.

Baked Macaroni and Cheese

Put a layer of boiled macaroni in a buttered baking dish, sprinkle with grated cheese, add a second layer of macaroni and cheese, and pour over White Sauce No. 2, cover with buttered crumbs and bake till the crumbs are browned.

Macaroni with Tomatoes

1 teaspoonful minced onion
1 tablespoonful bacon fat
1 tablespoonful flour
1½ cupfuls sifted stewed tomatoes
½ teaspoonful salt
1 pint boiled macaroni

Cook the onion in the fat until slightly browned. Add the flour and gradually the tomato and salt, making a sauce. Stir in the macaroni, and re-heat before serving. One-half cupful of grated cheese is a pleasant and nutritious addition.

Macaroni with Asparagus

2½ cupfuls cooked macaroni
1 bunch cooked asparagus
1 cupful asparagus water
1 cupful milk
½ cupful buttered crumbs
4 tablespoonfuls flour
4 tablespoonfuls butter
1 teaspoonful salt
⅛ teaspoonful pepper

Make a sauce of the flour, butter, seasonings, asparagus water (saved from cooking the asparagus) and the milk. Cut the asparagus in inch lengths. Put a layer of the macaroni in a buttered baking dish, then one of asparagus and the sauce, repeating until the dish is filled. Finish with the crumbs and bake in a moderate oven till browned.

Macaroni Winchester

2½ cupfuls cooked macaroni
1 can of mushrooms, or
1 cupful fresh mushrooms cut in quarters
1½ cupfuls chicken stock
Few drops onion juice
1 tablespoonful flour
4 tablespoonfuls butter
Few grains nutmeg
Buttered crumbs
Salt and pepper to taste

Drain and rinse the mushrooms and cut in quarters. Sauté (fry) till soft (about five minutes) in the butter, and season with a bit of nutmeg. Add the flour and onion juice to this, and gradually the chicken stock. Let boil, turn in the macaroni and put in buttered ramekins. Sprinkle crumbs over the top and bake till brown in a quick oven.

Macaroni, Brooklyn Style

2½ cupfuls cooked macaroni
2 cupfuls chicken, or any meat stock
2 tablespoonfuls flour
2 tablespoonfuls butter
1 teaspoonful minced parsley
Few drops onion juice
Salt and pepper to taste
6 eggs
Grated cheese

Make a sauce of the butter, flour, parsley and stock as usual. Add the cooked macaroni, and half-fill buttered ramekins with the mixture. Very carefully break a raw egg in each, dust with salt and pepper and a grating of cheese, and set in the oven till firm. Serve very hot.

Macaroni Custard

3 cupfuls cooked macaroni
2 cupfuls milk
2 eggs
1½ teaspoonfuls salt
⅛ teaspoonful pepper
1 teaspoonful melted butter

Heat the milk, add the butter and seasonings, and pour onto the eggs, slightly beaten. Put the macaroni in a baking-dish, pour on the milk mixture, stand in a pan of hot water, and bake gently till " set " or firm in the middle. This will take about thirty minutes.

Macaroni on Toast

1½ cupfuls macaroni, cut in inch lengths
1½ cupfuls strained tomato juice
1½ tablespoonfuls bacon fat
1½ tablespoonfuls flour
¼ teaspoonful salt
⅛ teaspoonful pepper
1 cupful cooked meat, diced
Buttered toast

Cook the macaroni in ample boiling salted water until tender. Make a sauce of the bacon fat, flour, salt, pepper and tomato juice and let boil. Add the cooked macaroni and the meat, and serve on toast.

Spaghetti Italian

1 pound spaghetti
½ cupful olive oil
3 cloves garlic
1 can Italian tomato paste
Water
Parmesan cheese

Boil the spaghetti, until tender, in salted water, then drain. In the meantime fry the garlic till yellowed in the olive oil. Combine the tomato paste with an equal amount of water, add to the garlic and oil and simmer until thick. Season to taste with salt and pepper. Pour this sauce over the spaghetti and serve with plenty of grated Parmesan cheese.

Spaghetti Italian with Meat Sauce

Observe the proportions in the preceding recipe, with this addition — gently fry three veal chops with the oil and garlic, adding a little salt. Shred the meat and add it to the tomato sauce.

Spaghetti with Broiled Ham

2½ cupfuls cooked spaghetti
2 tablespoonfuls ham fat
1 teaspoonful minced onion
1 tablespoonful flour
½ cupful grated cheese
1½ cupfuls canned tomato juice
½ teaspoonful Worcestershire
½ teaspoonful salt
Few grains cayenne

Make a sauce by melting the ham fat, and cooking the onion in it until soft, adding the flour, seasonings, and gradually the tomato juice. Turn in the spaghetti, add the cheese, let stand to become very hot, and serve with thin slices of broiled ham as a garnish.

Spaghetti Garden Style

¾ pound spaghetti
4 tablespoonfuls butter
3 tablespoonfuls olive oil
1 large onion (sliced)
1 carrot (diced)
1 turnip (diced)
1 stalk celery (diced)
1 tablespoonful minced parsley
1 cupful fresh, or canned, peas
1 cupful fresh, or canned, string beans
1 cupful canned tomato juice
4 tablespoonfuls grated Parmesan cheese
Salt and pepper

Fry the onion until yellowed in the oil. Add the butter and, when melted, all the other vegetables, except the peas and string beans, if they are canned. Cook the mixture gently until the vegetables are done, then add the canned peas and beans if they are used. Season to taste and pour over the spaghetti, which should be boiled and drained. Arrange on a platter and sprinkle with the cheese.

Spaghetti alla Genoese

¾ pound spaghetti
4 tablespoonfuls butter
3 tablespoonfuls olive oil
3 cloves garlic, minced
5 anchovies
Grated Parmesan cheese

Boil and drain the spaghetti as usual. In the meantime prepare a sauce by frying the garlic in the olive oil, and adding the butter when the garlic is yellow. Bone the anchovies, shred them and add to the sauce. Pour over the heated spaghetti, mix well and pass the cheese.

Noodles

2 eggs
½ teaspoonful salt
Water
Flour

Break the eggs in a bowl and add two egg-shells full of cold water. Stir in the salt and work in sifted flour to make a dough the consistency of pie crust. Knead a little, roll into a large sheet of pasteboard thickness, cover with a cloth and let dry for thirty minutes. Then roll like jelly roll and with a sharp knife cut the noodles into thin strips. Use at once, or dry further if they are to be stored.

Noodles and Tomato Sauce

Boil the noodles until tender in salted water and turn the liquid into the stock-pot or use toward a cream soup. Re-heat the noodles in tomato sauce and serve with steamed frankfurters, baked bacon or sausages, or accompanied with grated cheese.

Creamed Noodles

Boil the noodles in salted water, drain them and re-heat in White Sauce No. 2, allowing a cupful of sauce to two and a half cupfuls of cooked noodles.

Noodles in Cheese Sauce

Boil the noodles in salted water till tender, drain, re-heat in cheese sauce and serve with or without a garnish of bacon.

Fried Noodles No. 1

Drop the freshly made noodles into deep fat hot enough to brown a bit of bread in a minute. Fry until golden brown, then drain on crumpled paper.

Fried Noodles No. 2

Plain boil the noodles in salted water, drain and chill them; chop coarsely and fry until brown in savory drippings. This is a good way to use up left-over noodles as a vegetable.

Cinnamon Noodles

Boil the noodles in milk. When tender drain, season with butter, dust them with cinnamon and serve hot with sugar. Or boil them in salted water, drain, dust with cinnamon and serve with sugar and light cream.

To Blanch Rice

Put the rice over a hot fire in a large saucepan of cold water and stir occasionally while it is heating. Let boil five minutes, then drain, and let cold water from the faucet run through it. The rice is now white and clean, and the grains do not stick to each other. Then proceed to boil as usual. However, this is a wasteful method,— and absolutely unnecessary unless coated rice is used.

Buttered Rice

3 cupfuls boiled brown or uncoated rice
¼ cupful melted butter

Add the butter to the rice; mix well with a fork, set in the oven to re-heat for a few minutes and serve at once.

Curry of Rice

1 cupful brown or uncoated rice
1½ teaspoonfuls salt
4 tablespoonfuls butter
1 teaspoonful curry

Boil the rice rapidly in ample salted water to cover. Drain, reserving the liquor towards a soup, and either dry the rice in the oven, or steam until dry. Then add the butter and curry, creamed together, stirring it in lightly with a fork. Serve very hot.

Savory Rice

1 cupful brown or uncoated rice
2 tablespoonfuls bacon or sausage fat
½ onion
2 cloves
1½ teaspoonfuls salt
⅛ teaspoonful pepper
1½ cupfuls stewed tomatoes
½ cupful grated Parmesan cheese
2 cupfuls soup stock or water

Melt the fat in a saucepan, add the onion stuck with the cloves and the dry rice, and cook until the fat is taken up. Then add the tomatoes, the salt, pepper and liquid and let simmer, until the rice is tender and the liquid absorbed. Remove the onion. Then stir in the cheese with a fork, set over hot water for ten minutes to melt the cheese, and serve very hot.

Rice and Pimentoes au Gratin

1 cupful brown rice
1 pint milk (scalded)
1 small can pimentoes (minced)
1 cupful sliced or grated cheese
1 teaspoonful salt
¼ teaspoonful pepper

Boil the rice until tender. Then combine with the other ingredients, pour into a well-buttered baking dish, and bake until browned in a hot oven.

Rice with Onions and Peppers

3 cupfuls boiled brown rice
6 onions
3 green sweet peppers
1 can fresh mushrooms, quartered (optional)
½ cupful grated American or Parmesan cheese
1 teaspoonful salt
⅛ teaspoonful pepper
Paprika
3 tablespoonfuls butter or olive oil

Shred the onions and peppers and cook until soft and yellowed in the fat. Add the mushrooms, if they are used, when the vegetables are half fried. Then add the rice and seasonings and cook gently, stirring occasionally, until all is well-heated through. Press down in omelet shape, and brown. Sprinkle with the cheese, fold over and turn onto a hot platter. To make this substantial enough for the main dish of a meal add one cupful of minced ham.

Risotto alla Milanese

1½ cupfuls uncoated rice
3 tablespoonfuls olive oil
5 tablespoonfuls butter
1 onion
Soup stock
Grated Parmesan cheese

Slice the onion and fry it slowly in the oil. Add the butter and, when it is melted, the rice, washed and well-drained. Fry until the rice is yellowed, stirring constantly, and add two cupfuls of the stock. When this has been absorbed, add more broth until the rice is done. It should then be of the consistency of spaghetti. Stir in a little more butter and two tablespoonfuls of cheese.

Risotto with Crabs or Shrimps

½ pound crabs or shrimps
1½ cupfuls uncoated rice
3 tablespoonfuls olive oil
½ onion, sliced
1 small carrot
Salt and pepper to taste
4 tablespoonfuls butter
1 clove garlic
1 stalk celery
1 tablespoonful minced parsley
Grated Parmesan cheese

Dice the carrot and celery and fry them in the oil, then add the fish, well-washed and dried, and stir constantly until they are completely red. Pour over two quarts of salted water, boil for five minutes and remove the fish, but do not discard the water. Shell half of the fish and put them aside. Pound the others well, rub them through a sieve and mix with the water. Fry the onion in the butter, add the rice, washed and drained, and, when yellow, turn in the fish liquor. When almost done, add the whole fish, and, just before serving, season with salt and pepper to taste and dust with the cheese.

Savory of Rice with Nuts

3 cupfuls boiled brown rice
2 cupfuls milk or stock
2 eggs slightly beaten
½ teaspoonful salt
¼ teaspoonful pepper
½ cupful broken walnuts
1 teaspoonful minced onion
1 tablespoonful pimentoes
2 tablespoonfuls butter
Coarse buttered crumbs

Soften the onions and pimentoes in the butter. Add the stock, seasonings and rice, stir in the nuts and eggs, pour into a well-oiled baking dish and sprinkle with coarse crumbs, well-mixed with melted butter. Set in a pan of hot water in a moderate oven and bake forty-five minutes.

Rice Cakes

1 cupful brown or uncoated rice (uncooked)
¼ cupful butter
Grated rind and juice of ½ a lemon
1 quart milk
¼ cupful sugar
Salt to taste

Add the rice and salt to the milk, and cook until the liquid is absorbed and the rice is tender, adding more liquid if necessary. Add the butter, sugar and lemon juice and rind. Mix thoroughy without breaking the rice kernels. Cool, form into cakes, dip in flour and fry on hot griddle. Serve with cream or maple syrup.

Sweet Rice Cakes (with Cooked Rice)

3 cupfuls cold boiled brown or uncoated rice
1 egg
⅓ cupful sugar

Mix the ingredients together in the order given. Form into flat cakes, roll in flour, and fry on a hot griddle.

Serve with maple syrup, melted jelly, or a fruit sauce.

Moulded Brown Rice

2 cupfuls boiled brown rice (cooled)
½ cupful chopped English walnuts
½ cupful chopped, candied ginger
Honey whipped cream

Combine the rice, nuts and ginger and pack into buttered timbale moulds. Let chill, then turn out and serve garnished with the cream.

CHAPTER V

EGGS AND SAVORY EGG DISHES

ALL MEASUREMENTS ARE LEVEL

Egg cookery may be divided into the following general groups:

1. Boiled eggs, soft and hard.
2. Poached eggs cooked in water, stock or milk.
3. Eggs shirred in individual dishes surrounded by hot water.
4. Egg timbales, surrounded by hot water.
5. Fried forms, including plain fried eggs, scrambled eggs, omelets and egg croquettes.
6. Soufflés.

Testing Fresh Eggs

Drop the egg carefully into a deep saucepan full of cold water; if fresh, it will sink at once to the bottom; if it sways about on one end, nearly upright, but still under water, it is not fresh, but can still be used. If, however, the egg promptly bobs up to the surface and floats about, it is spoiled.

Terms Used in Beating Eggs

Eggs that are slightly beaten are not separated, and are beaten until a spoonful can be taken up.

Egg yolks are well-beaten when they become thick and lemon-colored.

Egg whites are beaten dry when they are stiff enough to remain in the dish as it is turned upside down. They will then be dead-white in color, like newly-fallen snow.

In beating eggs the most common utensils used are the wheel egg-beater, or a wire whisk. The wheel egg-beater costs from ten to twenty-five cents, according to the quality, and the whisk twenty-five cents. When beating egg whites, the whisk is often employed, as it is possible to make the whites lighter in this way.

Boiled Eggs

Properly speaking eggs should not be boiled at all unless for hard cooking, but should be cooked by the old-fashioned method known as "coddling." To do this, put the eggs in a thick earthenware utensil, pour over boiling water, cover and set in a warm place, six minutes for soft cooking and eight for a slightly firm result.

Hard-Boiled Eggs

Put the eggs on in cold water, bring to boiling point, boil rapidly for ten minutes and then chill in cold water. This is the only method whereby a green ring around the yolk may be avoided.

Poached Eggs

Select a fairly deep frying pan, fill it three-fourths full of boiling water slightly salted, break the eggs one by one, gently, into a saucer and slide into the boiling water. Baste the yolks gently with a little of the water to cook the tops. The water should not boil after the eggs have been put in but should be kept merely at simmering point. Cook until the white is firm, then remove the eggs with a perforated spoon to buttered toast. Dust with salt and pepper and pour over a little melted butter. Eggs should be at least two days old to poach successfully.

Eggs Poached in Broth

Eggs are sometimes served in this way to reinforce an otherwise scanty luncheon or supper. Proceed as directed for plain poached eggs, substituting broth for the water. Serve the broth and eggs together in bouillon cups or marmites (covered earthenware cups).

Milk Toast with Poached Eggs

Scald the milk in a flat saucepan, add salt to taste, and gently break the eggs, one by one, into a saucer. Slip into the milk and poach as usual, taking care the milk does not boil. Then have ready buttered toast; set the eggs on it, pour over the hot milk and serve at once.

Poached Eggs on Tomato Toast

- 1½ cupfuls sifted thick stewed tomato
- ½ tablespoonful minced onion
- 1 tablespoonful minced green pepper
- ½ cupful minced cooked ham
- 1 teaspoonful sugar
- 6 eggs
- 2 tablespoonfuls flour
- 2 tablespoonfuls butter or bacon fat
- ½ teaspoonful salt
- ⅛ teaspoonful pepper
- 6 slices buttered toast
- ¼ cupful grated cheese

Fry the onions and pepper in the butter till softened. Add the flour and seasonings and the tomato, gradually. Let boil up once, strain and add the ham. While reheating, poach the eggs, pour the tomato sauce over the toast, carefully put the eggs in place on the toast, and sprinkle with salt, pepper and grated cheese.

Egg Benedict

Allow a large round slice of buttered bread or half an English muffin, split, to each person. On this lay a round slice of broiled ham. Then place on it a poached egg. Coat this with Hollandaise sauce, and garnish with a bit of truffle or cooked mushroom.

Asparagus Eggs

- 2 cupfuls rich milk
- 2 tablespoonfuls flour
- 2 tablespoonfuls butter
- ½ teaspoonful salt
- Few grains pepper
- 1 cupful cooked asparagus cut in inch lengths
- 6 eggs
- 2 tablespoonfuls grated Parmesan cheese

Make a sauce of the first five ingredients. Add the asparagus and, when very hot, slip in the eggs very gently and poach, till set, over hot water. Sprinkle with salt and pepper, strew with grated cheese, and serve on buttered toast.

Plain Egg Timbales

Butter thickly several timbale moulds, then sprinkle them with a finely chopped mixture of ham, cooked sausage, smoked salmon, or left-over chopped cooked bacon and parsley. Very carefully break an egg into each mould, sprinkle the tops with a little salt and pepper and set in a pan three-quarters full of boiling water. Let them cook gently, until firm, in a moderate oven, keeping the water at simmering point. It will take about fifteen minutes. Then unmould on rounds of hot buttered toast and serve with white or tomato sauce.

Baked Eggs in Tomato Sauce

- 2 tablespoonfuls bacon fat
- 1½ cupfuls strained tomato juice
- 2 tablespoonfuls flour
- ⅛ teaspoonful pepper
- ½ teaspoonful salt
- 6 eggs

Make a sauce of the bacon fat, flour, seasonings and tomato juice. Pour into an earthen baking dish; break the eggs singly on a saucer, and slip into the sauce. Dust lightly with salt and pepper, and bake in a moderate oven until the eggs are set.

Shirred Eggs

Butter individual baking dishes, and carefully slip in one or two eggs, as desired. Dust lightly with salt and pepper, and add a bit of butter. Set the dishes in a pan of boiling water, and cook the eggs gently in the oven until they are set. It will take about ten minutes for medium-soft eggs. They can be cooked directly in the oven without the hot water medium in a shorter time, but they will not be so digestible.

Shirred Eggs, Creole

Heat a cupful of left-over stewed tomatoes; add a little diced onion and green peppers, cooked until soft and yellow, and put a tablespoonful of the mixture into the desired number of individual ramekins. Slip the egg on this and bake gently, until set. It is not necessary to use a pan of hot water, as the liquid from the tomato will prevent too rapid cooking.

Baked Eggs with Creamed Potatoes

- 2 cupfuls diced potatoes
- 2 cupfuls milk
- 2 tablespoonfuls flour
- 2 tablespoonfuls butter
- 1 teaspoonful salt
- ⅛ teaspoonful pepper
- 2 tablespoonfuls grated cheese
- 6 eggs

Make a white sauce of the butter, flour, milk and seasonings; add the potatoes, and pour into a shallow, buttered baking dish. Break the eggs one by one into a saucer and slip them carefully upon the mixture; sprinkle lightly with salt and pepper and cheese and set in a moderate oven to cook. Serve when the eggs are "set," which will be in about ten minutes.

Baked Eggs and Mashed Potatoes

Oil a shallow earthen dish with bacon fat. Fill almost full with mashed potatoes, well seasoned. Make indentations in the potato, pour in a little melted bacon fat, and brush the top of the mixture with it. Drop an egg into each hollow and set in the oven to bake until the eggs are set and the potato is browned.

Eggs à la King

4 tablespoonfuls butter
3 tablespoonfuls flour
2 tablespoonfuls minced green peppers
8 hard-cooked eggs, sliced
¾ teaspoonful salt
2 cupfuls light cream or rich milk
1 cupful fresh or canned mushrooms
Few grains paprika
Few grains nutmeg
Toast

Melt the butter, and cook the peppers and mushrooms in it until soft. Stir in the flour and seasonings and cook until frothy, then add the cream gradually, stirring constantly. Gently add the hard-cooked eggs. Set over hot water, let become very hot and serve on buttered toast. Or, pour into a buttered baking dish, cover with crumbs mixed with melted butter, and brown in a quick oven.

Curried Eggs

4 hard-cooked eggs
1 cupful White Sauce No. 2
1 tablespoonful minced sweet green peppers
1 cupful boiled brown rice
½ teaspoonful curry powder

Make the white sauce, add the curry mixed with a little cold milk and then the rice and peppers. Let stand to become very hot and serve garnished with the eggs quartered.

Eggs au Gratin

8 hard-cooked eggs
3 tablespoonfuls flour
3 tablespoonfuls butter
2 cupfuls milk
1 teaspoonful salt
⅛ teaspoonful pepper
½ cupful grated cheese
½ cupful buttered crumbs

Make a sauce of the butter, flour, milk and seasonings and add the cheese. Slice the eggs crosswise. Butter a baking dish, and put in a layer of the eggs; cover with sauce and repeat until all is used. Cover with the crumbs mixed with 2 teaspoonfuls of melted butter and set in a hot oven to brown.

Sliced Eggs with Cream Sauce and Olives

8 hard-cooked eggs
1 dozen large olives
1 uncooked egg
Bread crumbs
1½ cupfuls White Sauce No. 2

Cut the eggs into thick slices, roll in fine dry bread crumbs, then in beaten egg, then in bread crumbs again. Fry to a light brown; arrange on a heated platter and pour over the eggs a rich white sauce, into which has been stirred the olives, minced.

Stuffed Eggs with Ham

Hard cook the eggs, remove the shells and cut the eggs into halves lengthwise. Scoop out the yolks, mash and measure and mix with it half the amount of ham minced very fine, melted butter to moisten, and made-mustard, salt and pepper to season. Pack the stuffing back into the eggs, press the halves together in pairs, roll in thin waxed paper and twist the ends like bon-bon papers to hold them firmly in position. Use the balance of the stuffing as a sandwich filling.

Stuffed eggs can be varied in a great many ways; almost any cooked meat, smoked fish, sardines, canned fish, or cheese, with a high seasoning of tabasco, Worcestershire, catsup, etc., being suitable.

Scrambled Eggs

6 eggs
½ cupful milk
1 teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful butter or bacon fat

Break the eggs into a frying pan and beat with a spoon till broken. Add the remaining ingredients, beat slightly to blend, and place over a slow heat to cook, scraping up as it solidifies. When all is creamy, turn onto hot buttered toast, and serve at once.

Scrambled Eggs with Tomato

Substitute thickly stewed, well-seasoned tomato for the milk in the preceding recipe, and use bacon fat, if possible.

Scrambled Eggs with Cheese

Before cooking add a half cupful of finely shaved American cheese to the mixture for scrambled eggs.

Scrambled Eggs with Ham or Dried Beef

Add a half cupful of minced ham, or finely shredded dried beef, to the mixture for scrambled eggs.

Scrambled Eggs with Asparagus

Add a half cupful or more of diced, cooked asparagus to the mixture for scrambled eggs.

Scrambled Eggs with Bacon

Dice three or four slices of bacon, fry it, and add to the mixture for scrambled eggs. Omit the butter, substituting instead a tablespoonful of the bacon fat.

Scrambled Eggs with Mushrooms

Sauté (fry) a cupful of quartered mushrooms in two tablespoonfuls of butter, or bacon fat, adding salt and pepper, and a dash of onion juice. Pour over the mixture for scrambled eggs and cook as directed, omitting the butter.

Scrambled Eggs with Onions

Peel and slice six medium-sized onions, and fry until soft and yellow in three tablespoonfuls of butter. Then add the mixture for scrambled eggs and cook as directed, omitting the butter.

Scrambled Eggs with Left-Over Creamed Onions

Add a cupful of creamed onions, with their sauce, to the mixture for scrambled eggs, omitting the milk. Cook as directed.

Scrambled Eggs with Green Peppers

Shred three sweet green peppers and fry until soft in 3 tablespoonfuls of butter. Then add the mixture for scrambled eggs and proceed as directed, omitting the butter.

Eggs Scrambled Over Hot Water (Individual)

1 egg
¼ cupful milk
¼ teaspoonful salt
Few grains pepper
1 teaspoonful butter or olive oil

Beat the egg in a double boiler top, add the other ingredients, and cook over boiling water until solidified — about ten minutes — stirring occasionally very gently to allow the uncooked portion from the center to get to the edges. This is especially good for children or invalids.

Spanish Eggs

6 eggs
6 stuffed olives
2 tablespoonfuls butter
¾ teaspoonful minced onion
1 teaspoonful capers (optional)
1 cupful sifted canned tomato
½ teaspoonful sugar
¼ teaspoonful salt
Few grains cayenne
½ tablespoonful minced sweet green peppers
6 slices buttered toast

Melt the butter, add the onion and pepper, and sauté (fry) till soft. Add the olives, minced, the sugar and tomato, and, when boiling, season and pour onto the eggs beaten slightly. Cook as scrambled eggs, and serve on toast.

Fried Eggs

For frying eggs, keep a pan for that purpose only. Heat it and put in enough fat (bacon, ham, sausage or beef, or butter if you have nothing better) barely to cover the bottom. Break the eggs one by one into a saucer, slip into the fat, salt and pepper lightly, and fry slowly until of the desired firmness, removing carefully to a heated platter with a griddle cake turner.

OMELETS

There are two classes of omelets, the French and the Puffy, and whereas these are capable of infinite variety all omelets may be included under these two heads. All omelets should have a certain per cent. of liquid added to them. The general proportion of liquid to an egg is a tablespoonful; either hot or cold water or milk, may be used. However, there are times when it is necessary to make eggs go as far as possible, and in this case a fourth of a cupful of milk, and a fourth of a tablespoonful of flour may be allowed for each egg or a fourth of a cupful of White Sauce No. 2 may be used.

Old-time authorities say that the success of an omelet is largely dependent upon the number of egg yolks that are used, and that they should number a third more than the whites to insure a tender result. This is undoubtedly true in a measure, and when convenient it is a good plan to add an extra yolk or two because they are rich in fat; however, this is by no means necessary, if the omelet is properly cooked. Baking powder is not needed.

General Directions for Making Omelets

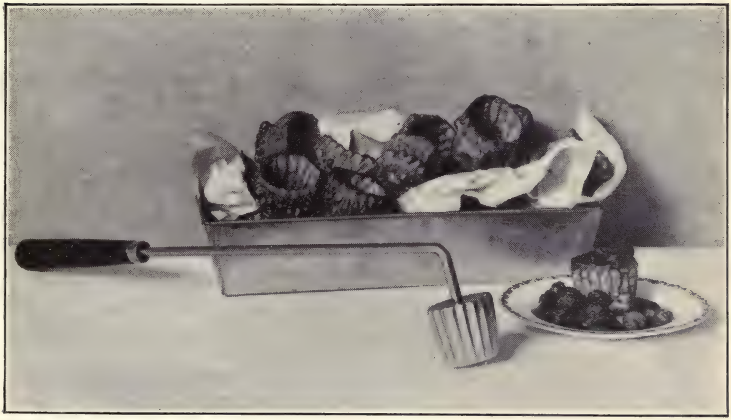
The omelet pan should be thoroughly clean. To an omelet of medium size allow a tablespoonful of the desired fat — butter, bacon, or ham fat, giving a good selection. Melt this fat in the omelet pan, and tip the pan so that it is thoroughly oiled, sides and all, but do not let the fat get very hot. Then pour in the omelet mixture and let it cook gently, lifting the mixture occasionally with a spatula or broad-bladed knife, so that the uncooked liquid portion may precipitate. When this has been done, allow it to brown on the bottom, and, if possible, set it in the oven for a moment to make the top firm. Cut at right angles to the handle, fold over and slip out onto a hot platter. If a special flavoring is to be introduced, it may be spread upon half of the omelet before it is folded and turned out.

If an omelet has to stand some time before serving, choose one of the puffy varieties that contains flour. Various types of omelet are suitable for service at the different meals. Generally speaking, however, it is good form to serve very simple omelets at breakfast, as plain French or puffy omelet with a bit of bacon or ham, reserving the more savory omelets for luncheon or supper. Sweet omelets may act as dessert at luncheon, or as the main course at luncheon or supper, if desired, although this is a little unusual.

Variations of Plain Omelets

Plain, Puffy, French and Swedish Omelets may be varied by means of sauces in a great many ways, and at the same time in connection with some left-over they may

Curried Eggs in Chafing Dish



Swedish Timbales

furnish the main portion of a meal. The following variations are among a few that may be used:

Minced or Creamed Ham
Creamed Dried Beef
Left-Over Creamed Chicken
Creamed Oysters
Oysters in Brown Sauce
Stewed Tomatoes
Fried Onions with Fried Green Peppers
Creamed Peas
Creamed Spinach
Left-Over Creamed Asparagus
Bits of Cooked Bacon or Sausage
Creamed or Sautéd Mushrooms

Rolled French Omelet

6 eggs
6 tablespoonfuls hot water
½ teaspoonful salt
⅛ teaspoonful pepper
Garlic (optional)

Rub the inside of a bowl with garlic. Break the eggs into the bowl, add the salt and pepper and beat until thick and light. Add the water, mix well, and turn into a warm omelet pan containing 1 tablespoonful of melted butter. Let set over the heat for a few moments, then raise the cooked portion so that the uncooked may precipitate and be cooked. When "set" and brown on the bottom, roll as jelly roll, beginning at the side next the handle. If desired, minced ham or parsley, or a thick sauce may be rolled in the omelet. Omit the garlic, if desired, or if a sweet filling is used.

Puffy Omelet

6 eggs
6 tablespoonfuls hot water
⅛ teaspoonful pepper
About 2 tablespoonfuls butter
1½ teaspoonfuls salt

Separate the eggs, beat the yolks till lemon-colored, and the whites until stiff. Add the hot water, and the salt and pepper to the yolks and fold lightly into the whites. Turn at once into an omelet pan which should be hot and well-oiled with the butter. Cook according to the general directions.

Sour Cream Omelet

5 eggs
⅓ cupful sour cream
Paprika
½ teaspoonful salt
1 tablespoonful butter

Beat the eggs until very light and frothy. Add the salt, paprika and cream. Pour into an omelet pan in which the butter has been melted and cook very gently according to the general directions.

Swedish Omelet

4 eggs
1 cupful milk
½ teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful flour

Dissolve the flour in the milk and add the seasonings. Separate the eggs. Beat the yolks light and add the milk. Whip the whites stiff, and turn in the yolk mixture. Keep the mixture light with cakes of white floating about. Turn into a warm omelet pan well-oiled with a tablespoonful of butter, and cook gently, according to the general directions.

Spanish Omelet

2 tablespoonfuls butter
2 tablespoonfuls chopped red peppers
1 tablespoonful chopped onion
2 tablespoonfuls flour
1 cupful stewed and sifted tomatoes
1 teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful chopped mushrooms
1 tablespoonful capers
5 eggs

Melt the butter, add the peppers and onion and cook until light yellow. Then stir in the flour, and add the tomato gradually. Let boil up once, add the seasonings, mushrooms and capers, and stir gradually into the egg yolks beaten very light. Cut and fold in the egg whites whipped very dry, and turn into a frying-pan in which 3 tablespoonfuls of butter have been melted. Cook according to the general directions and garnish with parsley, or if desirable make a double quantity of tomato sauce and reserve half to pour around the omelet when completed.

Asparagus Omelet

6 eggs
1 cupful milk
2 tablespoonfuls flour
2 tablespoonfuls butter
1 teaspoonful salt
¼ teaspoonful pepper
¾ cupful asparagus cut in inch pieces
Asparagus tips for garnishing

Make a white sauce of the milk, flour, butter and seasonings. Add the cut asparagus. Separate the eggs; beat the whites stiff and the yolks till lemon-colored. Stir the white sauce into the yolks, and fold the whole into the egg whites, letting flecks of white float on the top. Finish according to the general directions. Turn onto a platter and garnish with asparagus tips.

Cheese Omelet

6 eggs
1 teaspoonful salt
⅛ teaspoonful pepper
¾ cupful grated cheese
3 tablespoonfuls hot water

Beat the eggs thoroughly and add the water and seasonings. Melt a tablespoonful of butter in a frying pan, and, when white and frothy, pour the egg mixture into it. When the omelet is set and slightly browned on the bottom, sprinkle over the cheese and set it in the oven long enough to make the top firm, and then fold.

Dried Beef Omelet

1 cupful dried beef, shredded
4 eggs
½ cupful milk
⅛ teaspoonful pepper
1 tablespoonful butter
½ tablespoonful flour

Soak the beef twenty minutes in hot water. Drain well, and mix with the flour, milk, pepper and the egg yolks well beaten. Add the whites whipped stiff, and cook according to the general directions.

Friday Omelet

4 medium-sized onions
1 cupful canned tomato
½ teaspoonful sugar
1 tablespoonful flour
3 tablespoonfuls hot water
½ teaspoonful salt
Dash pepper
5 eggs
2 tablespoonfuls butter or bacon fat

Cut the onions in thin slices and fry, until thoroughly softened, in the butter. Then add the tomato and seasonings and, when well blended, the flour, mixed with a little tomato juice.

Beat the eggs well, add water and seasonings and make a plain omelet. After standing in the oven to become "set" spread the vegetable mixture in the fold, roll over and transfer to a hot platter.

Corn Omelet

4 eggs
1 cupful creamed corn
1 tablespoonful flour
1 teaspoonful salt
¼ teaspoonful pepper
1 tablespoonful butter

Heat the corn, thicken with the butter and flour creamed together and season. Separate the eggs, beat the whites till dry and the yolks till lemon-colored. Add the corn to the yolks, and gradually fold this mixture into the whites. Turn into a warm, well-oiled omelet pan and cook gently according to general directions. Serve surrounded with extra creamed corn, if convenient.

Artichoke Omelet

2 medium-sized artichokes
3 tablespoonfuls olive oil
4 eggs
2 tablespoonfuls water
1 teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls grated cheese

Clean the artichokes, cut them in slices lengthwise and fry slowly in the oil, adding the salt and pepper. When they are tender, pour over the eggs, well-beaten, and mix with the water and cheese. Cook gently according to general directions. Serve garnished with spinach, if convenient.

Orange Omelet

6 eggs
2 tablespoonfuls powdered sugar
¼ teaspoonful salt
½ tablespoonful lemon juice
½ tablespoonful corn starch
½ cupful orange juice
Extra powdered sugar
Cocoanut
Sliced oranges for garnishing

Separate the eggs. Mix together the sugar, salt, corn starch and the lemon and orange juice. Beat the yolks light, and add this mixture to them. Beat the whites stiff and dry; fold in the first mixture and turn into a warm, well-oiled omelet pan. Cook gently according to general directions. Garnish with the sliced oranges, and sprinkle with powdered sugar and cocoanut.

Pineapple Omelet

1 cupful shredded pineapple and juice
1 tablespoonful flour
6 eggs
Powdered sugar
Few grains salt

Dissolve the flour and salt in the pineapple. Separate the eggs, and beat the yolks till lemon-colored, then add them to the pineapple juice. Whip the whites stiff, fold them gently into the pineapple and turn the mixture into a warm omelet pan containing a tablespoonful and a half of melted butter. Cook according to general directions. Sift powdered sugar thickly over it, when done, and serve with or without extra shredded pineapple.

SOUFFLÉS

Soufflés or, as the name means, "puffed ups" are properly speaking baked omelets, in which the eggs have been beaten separately, the air, which has been incorporated into the whites, being used to puff up the dish. True soufflés will not stand any time after taking from the oven, and so must be served at once, unless they are reinforced with bread crumbs, flour or some other starchy element.

Soufflés may be divided into two classes, savory soufflés and sweet soufflés.

The simplest form of a savory soufflé is called baked omelet, or omelet soufflé. Other soufflés may be made by combining the eggs, with a certain percentage of thickened sauce and other ingredients, as, for instance, ½ cupful White Sauce No. 3, 3 eggs, and 2 cupfuls of minced meat, vegetables or fish with suitable seasonings. If this proportion is kept in mind, many a left-over can be made into a suitable luncheon or supper dish with the additional expense only of the eggs.

General Directions for Cooking Soufflés

Whenever possible, soufflés should be baked in individual glass or earthenware dishes which are well-oiled, as they are usually made very heavy by the cutting of the spoon when served from a large dish. The dishes should be well rubbed with butter, oleomargarine or bacon fat and should be filled half-full, as the soufflé, if properly made, should rise to double its bulk. Individual dishes should be baked in a moderate oven for fifteen minutes, and dishes holding enough to serve six should be baked for thirty minutes. When done the center will feel dry and firm, like sponge or angel cake.

Baked Omelet, or Omelet Soufflé

6 eggs
½ teaspoonful salt
4 tablespoonfuls cold water or milk
⅛ teaspoonful pepper
3 tablespoonfuls hot ham or bacon drippings or chicken fat
1½ tablespoonfuls flour

Separate the eggs; beat the yolks until lemon-colored; add the flour, pepper and salt, and stir in the liquid. Beat the whites until dry, pour in the yolk mixture and transfer to a deep baking dish containing the melted hot fat. Bake in a moderate oven about twenty minutes.

Baked Crumb Omelet or Soufflé

4 eggs
½ cupful coarse stale bread crumbs
1 cupful milk
1¼ teaspoonfuls salt
⅛ teaspoonful pepper
1 tablespoonful hot ham drippings or bacon fat

Let the crumbs stand in the milk until softened. Separate the eggs. Beat the yolks until lemon-colored, and add the seasonings and crumb mixture. Beat the egg whites until stiffened. Fold in the egg whites, and bake in a well-oiled dish according to the general directions for cooking soufflés.

Cheese Soufflé

4 tablespoonfuls butter or oleomargarine
3 tablespoonfuls flour
½ cupful scalded milk
½ teaspoonful salt
Few grains cayenne
½ cupful grated American cheese
3 eggs, separated

Melt the butter, add the flour, the milk gradually, and then the seasonings and cheese. Boil up once and add to the egg yolks beaten until lemon-colored. Cool the mixture and fold in the egg whites beaten stiff. Pour into a well-oiled baking dish and bake according to the general directions for cooking soufflés.

Potato Soufflé

2 cupfuls well-seasoned fluffy mashed potatoes
1 tablespoonful butter
Few grains mace
3 eggs
1 teaspoonful powdered parsley (optional)

Melt the butter in the baking dish; beat together the egg yolks, potato, mace and parsley. Then fold in the egg whites beaten stiff. Brown in a quick oven. One-half cupful of grated cheese may be added to this mixture if desired.

Soufflé of Yellow-Eyed Beans

1 pint yellow bean pulp
4 eggs
Few drops onion juice
¼ teaspoonful celery salt
Few grains pepper

Beat the egg yolks well. Add the seasonings and combine with the bean pulp. Beat the whites stiff, fold them into the first mixture, and pile lightly into well-oiled ramekin dishes. Bake according to the general directions for cooking soufflés.

Tomato Soufflé

1 cupful stewed tomatoes
4 tablespoonfuls flour
2 tablespoonfuls butter or savory drippings
1 teaspoonful salt
⅛ teaspoonful pepper
5 eggs

Melt the butter, stir in the flour and seasonings, and gradually add the tomato. Separate the eggs, beat the yolks well, combine with the tomato and whip the egg whites till stiff; fold into them the tomato mixture, turn into well-oiled ramekin dishes, and bake according to the general directions for cooking soufflés.

Soufflé of Spinach

½ cupful minced cooked spinach
2 tablespoonfuls butter
2 tablespoonfuls flour
½ teaspoonful salt
Few grains mace
1 cupful milk
2 tablespoonfuls chopped raw prunes
4 tablespoonfuls chopped cashew nuts or pecans
5 eggs

Make a white sauce of the butter, flour, mace, salt and milk. Add the prunes, spinach and nuts, and mix well; add the egg yolks beaten light, then fold in the stiffly beaten whites. Pour into a buttered baking dish or ramekins, and bake according to general directions for cooking soufflés.

Chicken Soufflé

2 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful milk
1 cupful chicken stock
½ cupful soft bread crumbs
3 eggs
½ teaspoonful salt
⅛ teaspoonful paprika
⅛ teaspoonful celery salt
½ teaspoonful powdered parsley (optional)
2 cupfuls minced chicken

Make a sauce of the butter, flour, milk and stock; add the bread crumbs and seasonings, then the chicken, and pour into the egg yolks well-beaten. Fold in the whites beaten dry and bake according to the general directions for cooking soufflés.

Halibut Soufflé

2½ tablespoonfuls butter
2 tablespoonfuls flour
2 cupfuls milk
½ cupful bread crumbs
3 eggs
½ teaspoonful salt
Few grains cayenne
½ teaspoonful scraped onion (juice)
Few grains mace
2 cupfuls finely-flaked cooked halibut

Make a sauce of the butter, flour, milk and seasonings; add the crumbs and fish, pour into the egg yolks well-beaten, fold in the stiffly-beaten whites and bake according to general directions. Cooked haddock, codfish or bluefish may be substituted for the halibut.

Salmon Soufflé

Make according to the recipe for halibut soufflé, substituting salmon.

Lobster Soufflé

Make according to the recipe for halibut soufflé, omitting the onion, and adding the juice of one-quarter of a lemon. Crabflakes may be substituted for the lobster.

Salt Codfish Soufflé

1 cupful shredded salt codfish
2 tablespoonfuls flour
2 tablespoonfuls butter, oleomargarine or savory drippings
¼ teaspoonful pepper
3 eggs
1 teaspoonful minced parsley
2 cupfuls milk
1 cupful soft bread crumbs
¼ teaspoonful onion juice

Make a white sauce of the butter, flour and milk.

Freshen the codfish, rinse well, then add to the sauce with the seasonings and crumbs. Separate the eggs, and beat the yolks light. Stir into the mixture, fold in the whites beaten stiff, and pour into a well-oiled baking dish. Bake according to the general directions for cooking soufflés.

Plain Lemon Soufflé

3 eggs
½ tablespoonful lemon juice
3 tablespoonfuls powdered sugar
½ tablespoonful butter

Heat a baking dish, first putting the butter in it; when the latter melts, tip the dish so that it will oil the sides thoroughly. Separate the eggs and beat the yolks till lemon-colored. Add to them the sugar and lemon juice. Beat the whites stiff and dry, fold in the yolk mixture, heap into the baking dish, sprinkle with a little additional sugar, and bake gently until puffy and brown, according to the general directions for cooking soufflés.

Fig Soufflé

¾ cupful finely-chopped, cooked figs, and a little juice
⅓ cupful sugar
2 tablespoonfuls corn starch
½ tablespoonful lemon juice
Few grains salt
4 eggs
Grated lemon rind

Heat the figs, add the corn starch, sugar and salt well-mixed, and bring to boiling point. Turn in the lemon juice. Pour this mixture into the egg yolks beaten light, and fold in the egg whites beaten stiff. Bake according to the general directions for cooking soufflés.

Coffee Soufflé

3 tablespoonfuls butter
3 tablespoonfuls corn starch
½ cupful strong black coffee
½ cupful rich milk or cream
⅓ cupful sugar
Few grains salt
4 eggs
⅓ teaspoonful vanilla

Make a sauce of the butter, flour, milk and coffee, add the salt and sugar, and pour into the egg yolks well-beaten. Fold in the egg whites whipped stiff, and bake according to the general directions for cooking soufflés.

CHAPTER VI

YEAST BREADS

ALL MEASUREMENTS ARE LEVEL

What constitutes good white bread? On this point authorities differ, but they are agreed that it should be baked till the crumb, or inner part, becomes light in texture, a little moist, but not soggy; that it should be nutty and agreeable both to smell and taste; that it should be light in color and evenly porous; and that the surface should be elastic enough to rebound when pressed. The loaf should rise evenly and not burst at either top or sides. It should be of uniform, golden-brown color, but the texture of the crust depends upon whether a milk or water bread is made. Bread is not good if it tastes or smells sour, and the crumb of white bread should not be dark in color. If these requirements are not met, there is something wrong in the way it is mixed, tended or baked, or with the yeast, flour or formula.

The Yeast

The first important thing is the yeast. This is made up of minute plants, the success of the finished loaf depending upon their proper growth; and just as you coddle your rubber plant or Boston fern, the yeast plants must be nurtured until they have grown sufficiently. This may be judged by the amount the bread has risen. The growth of yeast, and, therefore, the rising of bread, demands close attention to temperature. Sudden chill is disastrous to yeast, the growth of which is checked by a radical drop in temperature. On the other hand, too great heat also causes unsatisfactory results, because at any temperature above ninety-five, various undesired organisms are sure to develop, which will give the bread a sour flavor. The proper temperature for the growth of yeast is from seventy to ninety-five degrees Fahrenheit.

In summer lower temperature is preferable, while in winter, when the flour is cold, higher may be used.

Use of the Thermometer

Many women say that they buy baker's bread because it is consistently good. The reason for this is that the baker always uses exact measurements, and fermentation is produced at a temperature regulated by the thermometer. There is no reason why every housekeeper should not use a thermometer in making bread as well as in preparing other foods. The woman who puts her bread to rise on the radiator, for instance, will find that the temperature will register from a hundred and fifty to two hundred degrees, and only somewhat lower if a wooden board is placed beneath the pan. If the bread is put next the radiator, it becomes too hot on one side, unless turned frequently, and if put on the back of the stove when the fire is at all hot, the heat is again directed unevenly. In hot weather the rising generally takes care of itself, but the only accurate method that I have ever found for winter use is to raise the bread over warm water. The dough should be placed in an enamelware bowl which fits over the top of a large stock-pot. The pot should then be filled with water at a hundred degrees, just full enough so that the enamelware pan touches the water when set in the pot. A lid is then placed over the dough and the whole set in the fireless cooker. Or if a fireless cooker is not at hand, the dough may be kept in a warm place just the same if the water is changed two or three times during the rising process.

How to Use Compressed Yeast

Compressed yeast is very inexpensive and produces uniform results. However, to do good work it must be fresh, and should be of an even, light sand color with no dark streaks; it should break crisply; if there is any doubt about its freshness it should be dropped into a third cupful of tepid water, containing a tablespoonful of sugar. If fresh, bubbles will come at once to the surface. If they do not, the yeast should not be used. As compressed yeast works more rapidly than dry yeast, and as bread can be made from it with most excellent results without first making a sponge, it is the most satisfactory kind to use when one is near a market and can buy it fresh whenever wanted. Still, if placed in cold water, compressed yeast may be kept a few days in the ice-box, or may be buried in salt, and kept in a cool place.

How to Use Dry Yeast

Those who live at some distance from the grocery will probably find it more satisfactory to use dry yeast. This is made of a strong stock yeast, thickened with cornmeal and dried at a low temperature to prevent fermentation. The strength is somewhat variable, as the yeast plants gradually die, so, contrary to customary use, the supply of dry yeast should be renewed frequently in order to keep the bread results uniform. In using dry yeast the bread should always be started with a sponge; the dry cake should be dissolved in a small amount of tepid water, then added to the desired amount of lukewarm liquid, and enough flour to make a soft batter beaten in, about a cupful and a half to a pint of the liquid. When it has risen till light, the remaining flour and the other ingredients may be added. The bread recipes in this book have been standardized for compressed yeast, but dry yeast may be substituted if this method is used. When strictest economy must be practised, dry yeast is much less expensive when transformed into liquid yeast. In using this allow half a cupful to each pint of liquid to be used in making the bread.

Varieties of Bread

Bread may be made in such infinite variety that it seems a great waste of opportunity to confine it wholly to the usual " white bread." The latter has a definite place in the dietary, if it is used as a starch, rather than a protein or mineral food, but white bread is a decidedly unstable " staff of life " if used alone. On the other hand many of the so-called wheat flours, although highly advertised, are little better, because a large part of the wheat has also been removed from them. When a real whole-wheat flour or meal can be obtained — one made of undenatured or unrobbed wheat — bread becomes more than a starch; it is a true nerve, blood and bone food. At the same time it is particularly rich in vitamins, the life-giving principles.

Bran bread also has a place in the diet, for it brings bulk to help overcome constipation and minerals as a nerve tonic. Moreover, bran bread at least twenty-four hours old, toasted until crisp, will be found an excellent substitute for white bread toast to be used by those troubled with obesity. Rye bread is easily made and is a good alternative for whole-wheat bread. Rice bread, made of brown rice, is substantial, and offers splendid nutritive properties, especially if combined with raisins or dates. Rice bread, of uncoated or brown rice and white flour, is an excellent starch food, and bread of unrobbed cornmeal, whether in the form of raised brown bread or in combination with whole-wheat flour and nuts, is a remarkable protein, starch and nerve food. However, in making breads of rice and these various meals, it is necessary for best results to use a little white or whole-wheat flour. The proportion may be varied as desired, but it should never be less than one-fourth.

White flour is sifted a multitude of times at the mill until it is of the desired fineness, the husks are discarded as bran, and the heart, which contains most of the fat, is sold as shorts or middlings. Each of these products is a valuable food for farm stock, the animals being kept in fine condition on what we discard. Undoubtedly one reason white flour is so popular with the American housewife is because it keeps longer than flour made with the whole grain. Any honest miller who grinds up the whole of the grain will not guarantee the flour to keep more than three weeks, as the large amount of fat which it contains is liable to cause rancidity. It is, therefore, necessary to renew the supply of cornmeal or whole-wheat meal frequently.

Another reason whole-wheat bread and those made of allied, unrobbed flours are not more frequently used is that modern housewives are not acquainted with the proper methods of making them and because they are disappointed in the slightly coarse texture which is liable to result. This coarseness is really of advantage, as it makes possible quicker access of the digestive juices, and thus hasten digestion.

Flour for White Bread-Making

The best flour for white bread-making is that made from spring wheat as it contains a large proportion of gluten which makes the dough more elastic than when pastry or winter-wheat flour is used. At the same time a little less flour is needed and the loaf is whiter. Winter-wheat or pastry flour contains more starch and is frequently less strong; that is, it does not have equivalent elastic powers. Bread flour is slightly granular; pastry flour is more solid and cakes when pressed in the hand.

Comparison Between Baker's and Home-Made Bread

Many housewives contend that it is cheaper to buy baker's bread than to make white bread at home. On the contrary, I make two loaves of bread for four and a half cents each for materials when flour is at a normal figure. These loaves are as heavy as those costing ten cents apiece at the baker's. This leaves a margin of eleven cents over the cost of baker's bread for the fuel and labor of baking. As I always bake a pan of apples, a loaf of gingerbread, or some other food demanding the same temperature along with the bread, the fuel cost is negligible. However, if baked alone about two cents' worth of gas would be used to each loaf. If baked in a coal range the cost cannot be computed, as the fire is always lighted.

In a family of six, where there are four children, an average of about nine loaves of bread a week will be eaten if the bread is home-made. This will cost at the utmost forty-five cents. If baker's bread is provided, more will be required, but even if it were not, the cost of the bread would be ninety cents, or forty-five cents more than when the bread is home-made.

How to Use the Bread Mixer

A good bread mixer should be one of the first acquisitions of a new household, and among the first purchases for the household already established. I know no one article, which, for the expenditure involved, will save as much time, strength, and nervous energy as a good bread mixer. Then too, the bread will be exactly as good, and probably more uniform than if kneaded by hand. In making plain white, or whole-wheat, bread, pour in the warm water or milk, add the shortening, sweetening and salt, and the yeast dissolved in tepid water. The flour is then added all at once, exactly three times as much as there is liquid, and the handle of the mixer is turned for three minutes. It takes only about six minutes to mix up two loaves of bread, and there is nothing to be cleaned up afterward! At the same time less flour is needed than by the old method. After the bread has risen, cut it down and form it into loaves with the least possible handling, not even using a bread-board, but shaping it with the floured hands. In starting a rich bread like coffee cake, which needs a sponge, whip up the sponge in a bowl, using a heavy wire whisk, pour it into the bread mixer, and, when it has risen, add the flour and other ingredients. If the weather is very cold, set the pail of the bread mixer in a warm water bath, as described above.

How to Make a Sponge

Two kinds of sponge are used in making yeast-mixtures. The first is made up of the milk or water specified in the recipe, the proper amount of yeast dissolved in a little warm water, and twice as much flour as liquid. In the second the yeast is softened in a little water, and enough flour is stirred into this to make a soft dough; this is kneaded and dropped into the warm liquid which is to be used in mixing the bread. When this ball of dough rises to the top of the liquid, the rest of the ingredients may be added.

General Proportions for a Loaf of Bread

If bread is to be set over night, a fourth of a compressed yeast cake is allowed to each loaf. If it is to be set in the early morning and baked about two in the afternoon, a half of a compressed yeast cake should be allowed to each loaf. A cupful of milk or water, a fourth cupful of water in which the yeast should be dissolved, a teaspoonful of salt, a tablespoonful of butter, drippings, lard or oleomargarine, and a tablespoonful of sugar, with from three to four cupfuls of flour are the proper proportions for one loaf of bread. If a slightly tough bread is desired, omit the shortening. Milk produces bread of finer texture than water, but bread of the latter keeps moist longer than that of the former.

Many authorities feel that bread should rise several times to secure the best flavor. Personally I find that excellent results may be obtained with two risings for bread, and only three for rolls, coffee cake and the like.

Baking Bread

Undoubtedly one of the reasons bread is not properly baked is because the process is often hurried. Loaves of pound proportions should bake in forty-five minutes to an hour in an oven at 375° F. for the first three-quarters of the time. Biscuits and rolls need a hotter oven, about 400° F. at first, baking in about twenty-five minutes. During the first quarter of the time the bread will rise somewhat and will color slightly in spots. During the second quarter it will brown delicately. During the third quarter the baking is almost done, the last quarter being needed only to dry out the moisture, when the heat should be lowered. Bread is done when it shrinks away from the pan, can be tipped out on the hand, and held without burning, and when it sounds hollow if tapped. Even the shape and size of the pan affects the quality of the bread. If too deep, the bread will be coarse and soggy, if too shallow and wide, it is liable to be dark and the crust very brittle. Round pans should not be used. The best size is seven and a half inches long by four and a quarter inches wide, and three inches deep.

Treatment of the Finished Loaf

To produce a tender crust, rub the warm loaf with a little butter or oleomargarine. To produce a crisp crust, beat up a little egg white and brush over the loaf when almost done. To produce a very soft crust, make a paste of a teaspoonful of corn starch dissolved in a little cold water and cook in half a cupful of boiling water for a few minutes. Apply this with a pastry brush shortly before the bread is done. If the bread is to be sprinkled with sugar, or sugar, nuts and cinnamon, dredge these over the paste before returning it to the oven, so that they will literally cook on. When bread is done, it should never be turned into a cloth and covered while cooling, as this affects the flavor and makes the loaf soggy. A wire cake-rack, which allows a free circulation of air, should be used instead. A stone jar is the best utensil in which to store the bread. However, cut slices and bits of loaves should be kept in a separate closed utensil, as they furnish an excellent surface for the growth of mold.

Bread, or spring wheat flour, gives the best results in the following recipes.

Salt-Rising Bread

4 tablespoonfuls white cornmeal
Boiling new milk
1 pint tepid water
1 teaspoonful salt
1 teaspoonful sugar
Bread flour to knead

Scald the white cornmeal with the boiling new milk to a thick batter, and set in a warm place to rise over night. In the morning it should be somewhat light. To this sponge add the warm water, the salt and sugar, and thicken with flour to a medium sponge. Set this in a warm water bath, and keep the same temperature until raised light. It will be necessary to change the water occasionally. Keep it near the stove if possible. When it is light enough, add flour to knead. Shape at once into loaves, and when double in bulk bake as usual.

White Yeast Bread (Over Night)

2 loaves at 4½ cents each

1 cupful water	.00
1 cupful milk	.02
1 teaspoonful sugar 1 teaspoonful salt 1 tablespoonful beef drippings	.005
½ cupful tepid water	.00
½ compressed yeast cake	.01
Bread flour to knead, 6 or 7 cupfuls	.05½
	.09

Dissolve the drippings in the hot milk, and pour into a bowl, add the water, cool till lukewarm. Dissolve the yeast in the warm water; add to the milk, with the sugar and salt. Gradually add flour to make a stiff batter, stirring vigorously. Turn onto a slightly floured board and knead ten minutes.

Set to rise in a warm place until double in bulk. Turn onto a board and form into loaves, with as little kneading as possible.

Let rise again, and bake about forty-five minutes.

Entire Wheat Bread (5 Hours)

2 cupfuls scalded milk
2 tablespoonfuls sugar or Barbadoes molasses
2 teaspoonfuls salt
1 compressed yeast cake
¼ cupful tepid water
Entire wheat flour to knead

Add the sweetening and salt to the milk. Cool, and, when lukewarm, add the yeast dissolved in the tepid water. Stir in flour to make a stiff batter and knead till elastic. Place in a well-oiled bowl; wipe over the top with a little melted fat so that a crust will not form, and let rise until double in bulk. Form into loaves, let rise again, until nearly double, and bake forty-five to fifty minutes in a moderate oven. A half pound of seeded raisins may be added to the dough if desired.

Unkneaded Graham Bread (Over Night)

⅔ compressed yeast cake dissolved in ½ cupful tepid water
2 cupfuls scalded milk
2 tablespoonfuls butter or drippings
1 teaspoonful salt
¼ cupful Barbadoes molasses
3 cupfuls graham meal
Bread flour

Add the fat, molasses and salt to the milk. Cool until tepid, then add the yeast and the meal, beating thoroughly. Beat in bread flour until not quite thick enough to knead, cover and let stand to rise over night. In the morning cut down, divide into two or three loaves, turn into well-oiled bread pans, smooth the top with a knife, and let stand till double in bulk. Bake an hour in a slow oven.

Gluten Bread (6 Hours)

3 cupfuls tepid water or milk
1½ compressed yeast cakes
1 tablespoonful sugar
1 tablespoonful butter, or other shortening
1½ teaspoonfuls salt
6 cupfuls gluten flour

Dissolve the yeast in a half cupful of the warm liquid, combine with the whole amount of liquid and beat in two cupfuls of the flour. Let stand in a warm place until spongy, about an hour and a half. Then add the sugar, salt and the shortening, melted, and beat in the remaining flour. If necessary, add more flour until the mixture is thick enough to knead. Knead until elastic, let rise till double in bulk, shape into loaves, and, when light, bake in a moderate oven from fifty minutes to an hour.

Unkneaded Rye Bread (5 Hours)

2 cupfuls rye meal
2 cupfuls bread flour
2 tablespoonfuls sugar
½ compressed yeast cake
2 cupfuls water or milk, including wetting for yeast
1 tablespoonful melted butter or drippings

Sift together the dry ingredients; add the liquid, which should be tepid, yeast and shortening. Mix well, place in well-oiled bread pans, let rise till double in bulk and bake forty-five minutes in a moderate oven. This makes one large or two small loaves. If started at eight o'clock, it can be finished by one.

Rice Bread (6 Hours)

1 cupful tepid water
1 compressed yeast cake
1½ tablespoonfuls sugar
¾ cupful brown or uncoated rice, cooked to a mush in slightly salted water
¼ cupful milk
1½ teaspoonfuls salt
1½ tablespoonfuls butter, drippings, or oleomargarine
Bread flour

Dissolve the yeast in the water, and add a cupful of flour; let rise until light and spongy, then add the shortening, melted, the sugar, salt and the milk slightly warmed. In the meantime the rice should be cooked until very soft, but not really wet, and should be rubbed through a sieve into the sponge. Work in flour to knead — about 4 cupfuls. Cut down and shape into two loaves; let rise till light again, and bake forty-five minutes in a moderate oven.

White Yeast Bread (5 Hours)

2 cupfuls scalded milk or 1 cupful water and 1 cupful milk
1 tablespoonful butter, oleomargarine, or drippings
Bread flour to make a stiff batter, probably 6 to 8 cupfuls
¼ cupful tepid water
1 teaspoonful salt
1 compressed yeast cake
1 tablespoonful sugar

Dissolve the shortening in the hot milk. Pour into a bowl, and cool, till lukewarm. Dissolve the yeast in warm water; add to the milk, with the sugar and salt. Gradually add flour to make a stiff batter, stirring vigorously with a wire whisk. Turn onto a slightly floured board and knead until elastic. Set to rise in a warm place till double in bulk. Form into loaves with as little kneading as possible. Let rise again and then bake about forty-five minutes.

Cornmeal and Wheat Bread (5 Hours)

1 pint scalded milk
1 compressed yeast cake
¼ cupful tepid water
2 tablespoonfuls butter, or other fat
3 tablespoonfuls sugar, or Barbadoes molasses
1¼ teaspoonfuls salt
1 cupful home-ground cornmeal
White or whole wheat flour to knead

Pour the scalded milk onto the corn meal, fat, sweetening and salt. When tepid, add the yeast dissolved in the water, and beat in flour to knead. If desired, a cupful of chopped raisins, figs, or dates may be added at this time. Knead thoroughly, form into two loaves, let rise till double in bulk, and bake in a moderate oven. The bread will be coarse-grained, but of nutty flavor, and the use of the meal effects considerable saving of flour.

Cinnamon Loaf

Reserve some of the dough from plain white bread. Oil a square cake pan and spread one-half the mixture into the tin. Sprinkle with 4 tablespoonfuls of sugar, and 1½ teaspoonfuls cinnamon mixed together; dot with bits of butter or oleomargarine. Set a second layer in place over this, and finish as before. Let rise till double in bulk, and bake in a moderate oven.

Spiced Bread (5 Hours)

1 cupful scalded milk
1½ tablespoonfuls butter or oleomargarine
2 tablespoonfuls sugar
1 teaspoonful cinnamon
½ compressed yeast cake
2 tablespoonfuls tepid water
2½ to 3 cupfuls bread flour
½ teaspoonful salt

Dissolve the yeast in the warm water; add the shortening and salt to the scalded milk and mix the sugar and cinnamon with the flour. When the milk is tepid, add the yeast, then beat in the flour and let rise till double in bulk. Cut down, spread in an oiled shallow pan, let rise, sprinkle with a little extra sugar and cinnamon mixed, and bake about forty-five minutes in a moderate oven.

Nut Bread (5 Hours)

½ cupful boiling water
½ cupful milk
¾ compressed yeast cake, dissolved in 3 tablespoonfuls tepid water
1 tablespoonful butter or oleomargarine
1 tablespoonful Barbadoes molasses
1 cupful nut meats chopped
Entire wheat flour to knead

Scald the milk, add the boiling water, molasses and shortening and cool till tepid. Then add the yeast, and flour to knead; set aside to rise till double in bulk. Cut down, shape into loaves, let rise again and bake an hour in a very moderate oven.

Bran Bread (Over Night)

1 compressed yeast cake
½ cupful tepid water
¼ cupful Barbadoes molasses
1 tablespoonful sugar
½ tablespoonful salt
3 cupfuls tepid water
½ teaspoonful soda
5 cupfuls bran
5 to 6 cupfuls whole wheat or bread flour

Dissolve the yeast in the half cupful of water, pour into the three cupfuls of water, together with the molasses, sugar and salt. Mix together the bran, flour and soda, beat into the liquid, together with enough additional bread, or whole wheat flour, to stiffen it so that it may be handled. Knead well, let rise till double in bulk, cut down, shape into loaves and bake fifty minutes in a moderate oven.

Date Bread (5 Hours)

½ cupful Barbadoes molasses
1 teaspoonful salt
3 cupfuls quartered dates
3 cupfuls tepid water
1¼ compressed yeast cakes, dissolved in ¼ cupful warm water
Entire wheat flour

Put together the molasses, salt, dates, water and yeast. Beat in the entire wheat flour to knead, and let rise till double in bulk; form into three loaves; let rise again, and bake fifty minutes in a very moderate oven.

Currant Bread (5 Hours)

2 cupfuls scalded milk
1 compressed yeast cake
½ cupful tepid water
3 cupfuls bread flour
3 egg yolks
1 cupful washed and dried currants
1 teaspoonful salt
2 tablespoonfuls butter or oleomargarine
6 tablespoonfuls sugar
Bread flour to knead

Scald the milk and cool till tepid. Add the yeast dissolved in the warm water, and three cupfuls of flour, and set in a warm place to become light. Then add the currants, salt, sugar and melted shortening, and the egg yolks well-beaten. Stir thoroughly and beat in flour to knead. Let rise until double in bulk, shape into two loaves, and, when light, bake forty to fifty minutes in a moderate oven.

Swedish Sweet Bread (5 Hours)

2 cupfuls scalded and cooled milk
1 compressed yeast cake
½ cupful tepid water
3 cupfuls bread flour (for sponge)
1 tablespoonful cardamom seeds
½ cupful butter or oleomargarine
6 tablespoonfuls lard
½ cupful sugar
3 eggs
Bread flour to knead

Dissolve the yeast in the tepid water, add to the milk and beat in the three cupfuls of flour. Let rise till spongy, add the melted shortening, then the cardamom seeds, sugar and the eggs well beaten and flour to knead. Let rise again, shape into long narrow loaves, and bake fifty minutes in a slow oven.

Yeast Brown Bread

4 cupfuls cornmeal (home-ground)
2½ cupfuls boiling water
2 cupfuls rye or entire wheat meal
¾ cupful Barbadoes molasses
½ compressed yeast cake dissolved in ¼ cupful tepid water
Salt

Scald the cornmeal with the boiling water, then cool, and stir in the molasses, the rye meal, the yeast dissolved in the tepid water, and enough extra tepid water to make a stiff dry batter. Then pour into medium-sized brown bread tins, let rise till light, and bake forty minutes in a quick oven; then cover and cook two hours in a slow oven.

Raised Biscuits (5 Hours)

1½ cupfuls milk
2 tablespoonfuls butter, oleomargarine or lard
½ cupful tepid water
1 compressed yeast cake
1 tablespoonful sugar
1 teaspoonful salt
2 cupfuls bread flour
Bread flour to knead

Dissolve the yeast in tepid water; warm the milk till tepid, combine and beat in two cupfuls of flour. Let stand until light and spongy, then add the salt, sugar, the shortening, melted, and flour to knead. Knead until elastic, let rise till double in bulk, and then shape into round balls. Set in a well-oiled pan, barely touching, and, when light, bake in a moderate oven. Brush over with butter when they are baked.

Raised Graham Biscuits (5 Hours)

1 compressed yeast cake, dissolved in ½ cupful tepid water
2 cupfuls scalded milk
1 tablespoonful butter or oleomargarine
1 teaspoonful salt
4 tablespoonfuls sugar
3 cupfuls graham meal
Bread flour to knead

Add the shortening, salt and sugar to the milk. Cool until lukewarm, then add the yeast and beat in the graham meal. Add bread flour to knead; work over till very elastic, and then set to rise till double in bulk. Then cut down, shape into biscuits, set in a well-oiled pan, scarcely touching, and let rise till double in bulk. Brush over lightly with milk, and bake in a moderate oven about twenty-five minutes.

Parker House Rolls (5 Hours)

2 cupfuls scalded milk
3 tablespoonfuls butter or oleomargarine
2 tablespoonfuls sugar
1 teaspoonful salt
1 compressed yeast cake, dissolved in ¼ cupful tepid water
5½ to 6 cupfuls bread flour

Add the shortening, sugar and salt to the milk; when lukewarm, add the dissolved yeast and beat in 3 cupfuls of flour. Cover and let rise until spongy. Then add flour to knead, and let rise again. Toss on a floured board, and roll out to one-third inch in thickness. Shape with biscuit cutter. Brush with melted butter, crease each round with a knife across the center to form a hinge, fold over, and press the edges together. Place in an oiled pan one inch apart, let rise and bake in a hot oven from fifteen to twenty-five minutes.

French Rolls (6 Hours)

1½ cupfuls tepid water
1½ compressed yeast cakes
1 teaspoonful salt
About 6 cupfuls bread flour

Dissolve the yeast in ½ cupful of the water, and add flour to make a stiff dough. Knead thoroughly, shape into a ball and make two cuts on the top. Set in a small saucepan of tepid water, cut side up, and when the ball swells and floats remove with a skimmer to a mixing bowl containing the remaining water and the salt. Stir in flour to make a dough stiff enough to knead — about 2 cupfuls — and let stand till double in bulk. Shape into pointed rolls and bake, when light, in a moderate oven. Glaze with a paste made of one teaspoonful of corn starch dissolved in cold water and boiled up once. This should be applied just before the rolls are done.

Swedish Rolls

Use the recipe for Parker House or Sweet Rolls. Roll to one-quarter inch thickness, spread with softened butter, sprinkle with 2 tablespoonfuls of sugar mixed with ½ teaspoonful cinnamon, ½ cupful raisins finely chopped, and 2 tablespoonfuls of chopped citron or orange peel. Roll up like jelly roll and cut in three-quarter inch pieces. Place the pieces in a pan close together, flat side down; let rise and bake. When the rolls are taken from the oven, brush over with white of egg slightly beaten, and diluted with ½ teaspoonful water. Return to the oven to dry the egg.

Sweet Rolls (5 Hours)

1½ cupfuls tepid milk
½ cupful tepid water
1 compressed yeast cake
¼ cupful sugar
1 teaspoonful salt
2 tablespoonfuls butter or oleomargarine
1 egg
Bread flour

Dissolve the yeast in the water, add to milk with the salt and beat in 2½ cupfuls of flour. When light, in about an hour, add the sugar, shortening, melted, egg, and flour to knead. Let rise, and shape like small Parker House rolls; let rise again and bake in a moderate oven.

Hot Cross Buns

Prepare the mixture for Sweet Rolls, add ¾ cupful of thoroughly cleaned currants and ½ teaspoonful of cinnamon, if the flavor is liked. At the end of the second rising cut out in good-sized rounds, ½ inch thick. Place these in oiled pans, let them rise until double in bulk and bake in a moderate oven. Just before they are done brush them over with a corn starch glaze and when cool fashion a cross on each of confectioner's frosting, put on by means of a pastry bag and tube.

Almond Biscuits

Prepare the mixture for sweet rolls. Instead of shaping it like Parker House rolls, cut it into rounds a fourth inch in thickness, brush them over with melted butter, and sprinkle thickly with chopped blanched almonds. Set to rise. Do not let them touch each other, and bake in a moderate oven. They should be crusty all over and suggest the German rusk.

Cocoanut Rusks

Make according to the recipe for sweet rolls, shaping the dough for the final rising with a biscuit cutter. Bake as directed. When cool, spread roughly with a little plain confectioner's frosting and shredded cocoanut. Nuts may be substituted for the cocoanut.

Clover Leaf Rye Biscuits (5 Hours)

1 cupful rye meal
5 cupfuls bread flour
2 tablespoonfuls sugar
2 tablespoonfuls butter, oleomargarine or drippings
1 cupful milk scalded and cooled
1 compressed yeast cake, dissolved in 1 cupful tepid water
¾ teaspoonful salt

Mix together the dry ingredients. Rub in the shortening with the finger tips. Dissolve the yeast, add it to the milk, and stir into the first mixture. Beat well, cover and let rise till doubled in bulk. Stir down and form into small balls with the fingers, putting them together into oiled muffin pans to form clover leaves. Let rise till light, and bake.

Orange Rolls (5 Hours)

1 cupful milk
1½ compressed yeast cakes, dissolved in ¼ cupful warm water
1½ cupfuls bread flour
¼ cupful sugar
4 tablespoonfuls melted butter or oleomargarine
1 teaspoonful salt
3 egg yolks
¼ cupful orange juice
¾ cupful chopped candied orange peel
Bread flour to knead

Scald the milk; when tepid add the yeast, beat in the flour and let rise till spongy. Then add the other ingredients in the order given, and let rise again. Shape into little balls, set on a floured board, cover lightly and let rise till puffy. Shape into pointed rolls, let rise, slash and bake. Just before they are done brush over with a corn starch paste made of one teaspoonful of corn starch, dissolved in ¼ cupful cold water and allowed to boil, and sprinkle with candied orange peel, chopped fine.

Little Currant Rolls (6 Hours)

2 cupfuls scalded milk
1 compressed yeast cake, dissolved in ½ cupful warm water
2½ cupfuls bread flour
½ cupful sugar
1 cupful dried, washed currants
1¼ teaspoonfuls salt
2 egg yolks
2 tablespoonfuls butter, oleomargarine or drippings
Bread flour to knead

Cool the scalded milk till lukewarm. Then add the yeast, and beat in 2½ cupfuls of bread flour. Cover and set aside in a warm place to become light. Flour the currants, beat the egg yolks light, melt the shortening, and add them with the sugar and salt to the raised dough. Work in flour to knead. Knead till elastic, and let rise again till double in bulk. Shape as Parker House rolls, and, when risen, make three parallel cuts on top of each roll. When done, brush over with the whites of the eggs diluted with one tablespoonful cold water, and ¾ teaspoonful vanilla. Sprinkle with sugar and return to the oven to "set" for a few seconds.

Clover Leaf Rolls (5 Hours)

1 cupful milk
1 tablespoonful sugar
¼ tablespoonful salt
3 tablespoonfuls melted butter, oleomargarine or drippings
½ compressed yeast cake dissolved in 2 tablespoonfuls warm milk
1¼ cupfuls bread flour
1 egg well-beaten
Bread flour to knead

Scald the milk. When lukewarm, add the dissolved yeast, sugar, salt and the 1¼ cupfuls of flour. Beat well, and set to rise. When light, add the remaining ingredients with flour to knead. Knead well, and let rise a second time. Then shape into balls the size of an English walnut, and put three together into each division of oiled muffin pans, oiling the sides of the balls with butter where they adhere, before placing in the pans. When double in bulk, bake in a hot oven, and, when done, brush over tops with slightly-beaten egg white. Return to the oven to " set " the glaze.

English Muffins (5 Hours)

1 compressed yeast cake
¼ cupful tepid water
2 cupfuls milk
1 egg white
1 teaspoonful salt
¼ cupful melted butter or oleomargarine
1 tablespoonful sugar
Bread flour to make a stiff batter

Scald the milk, add the salt and sugar and, when tepid, the yeast dissolved in the warm water. Beat in flour to make a batter, about 2 cupfuls, and let rise till spongy. Then add the shortening, egg white well-beaten and flour to make a stiff batter. Let rise till double in bulk, drop by spoonfuls into warm, well-oiled muffin pans, filling them two-thirds full, then sprinkle the tops with sugar and bake at once in a moderate oven, or cook as usual in muffin rings on a griddle.

Cornmeal Muffins Raised with Yeast (6 Hours)

1 cupful home-ground cornmeal
5 cupfuls bread flour
2 tablespoonfuls bacon fat
1 cupful scalded and cooled milk
1 compressed yeast cake dissolved in 1 cupful tepid water
¾ teaspoonful salt
2 tablespoonfuls sugar (optional)

Mix together the dry ingredients and rub in the shortening with the finger tips. Dissolve the yeast, add to the milk and stir into the first mixture. Beat well, cover and let rise till doubled. Then stir down, drop into well-oiled muffin pans, let rise till double in bulk and bake about thirty-five minutes in a moderate oven. If to be started at night for breakfast, use half the quantity of yeast.

Raised Squash Muffins (6 Hours)

1 cupful stewed and sifted squash
3 tablespoonfuls sugar
1¼ cupfuls scalded milk
1 teaspoonful salt
1 tablespoonful butter, oleomargarine or drippings
¾ compressed yeast cake
Bread flour to knead

Mix together the sugar, salt and squash, and the shortening melted in the hot milk. Cool till tepid and add the yeast dissolved in ¼ cupful of tepid water. Add bread flour to make a stiff batter, set aside and let rise (about four hours); cut down and drop into well-oiled muffin pans, filling them half full. Let rise till nearly double in bulk, and bake about thirty minutes in a moderate oven. If desired, flour may be added to knead, the mixture being shaped into biscuits or loaves of ordinary bread. Stewed and sifted pumpkin may be substituted for the squash.

Hominy Muffins (5 Hours)

1 cupful cooked hominy, dry
1¾ cupfuls milk
½ cupful sugar
½ teaspoonful salt
2 well-beaten egg yolks
2 tablespoonfuls butter, oleomargarine or drippings
4 cupfuls bread flour
1 compressed yeast cake, dissolved in ¼ cupful warm milk

Scald the milk, and add to it the hominy, salt, sugar and shortening. Cool till tepid, add the yeast, and the egg well-beaten. Then whip in the flour a little at a time; set to rise, and when double in bulk drop into well-oiled gem-pans, half filling them. Let rise again till the pans are full, and bake in a moderate oven. Serve hot.

Raised Oatmeal Muffins (6 Hours)

1 pint scalded milk
1 cupful rolled oats
¼ cupful butter or drippings
1 teaspoonful salt
½ cupful sugar
1 compressed yeast cake
½ cupful tepid water
2 cupfuls bread flour
2 cupfuls entire wheat flour

Add the sugar, salt, oatmeal and shortening to the milk. Let stand until lukewarm; dissolve the yeast in the warm water, add to the first mixture, then gradually beat in the flour. Set in a warm place to rise, and when double in bulk beat again, and half fill well-oiled muffin pans. Let rise till light, and bake in a moderate oven.

Raised Rice Muffins (Over Night)

1 cupful cooked brown or uncoated rice, dry
1¾ cupfuls milk
½ cupful sugar
½ teaspoonful salt
2 well-beaten egg yolks
4 tablespoonfuls butter or oleomargarine
4 cupfuls bread flour
½ compressed yeast cake, dissolved in ¼ cupful warm milk

Scald the milk and add it to the rice, salt, sugar and shortening. Cool till tepid, add the yeast, and the egg well-beaten. Then beat in the flour a little at a time; set to rise and, when double in bulk, drop into well-oiled gem-pans, half filling them. Let rise again till the pans are full, and bake.

Raised "Sally Lunn" (5 Hours)

½ cupful scalded milk
½ cupful boiling water
½ compressed yeast cake, dissolved in ¼ cupful tepid water
3½ cupfuls bread flour
¼ teaspoonful salt
2 tablespoonfuls sugar
2 eggs
¼ cupful butter or oleomargarine
¼ cupful lard

Cool the milk and water till tepid; add the dissolved yeast and 1½ cupfuls of bread flour. Beat well, cover and set in a warm place to become light. Melt the butter and lard, add to the sponge with the salt, sugar, eggs well-beaten, and the remaining flour. Beat thoroughly, turn into well-oiled shallow pans, cover, let rise and bake.

Pretzels (5 Hours)

1½ cupfuls tepid milk
¾ compressed yeast cake
¼ cupful warm water
2½ cupfuls bread flour, for sponge
4 tablespoonfuls butter or oleomargarine
¼ cupful sugar
1 egg
Chopped, blanched almonds
Brown sugar

Dissolve the yeast in the water, add it to the milk and beat in the flour. Let rise until spongy, add the melted shortening, then the sugar and egg and flour to knead. Let rise again, then form into rolls about twelve inches long and one inch in diameter, and bring the ends towards the middle of the dough, pressing them into it about one inch apart. Bake in a moderate oven; when nearly done, brush over with melted butter, and sprinkle with brown sugar and chopped almonds. Return to the oven to brown.

Old-Time Hot Short Rolls (1798)

2 cupfuls tepid milk
1 compressed yeast cake, dissolved in ¼ cupful of the milk
1 teaspoonful salt
2 tablespoonfuls butter
2 beaten eggs
About 6 cupfuls bread flour
¼ cupful sugar

Take out ¼ of a cupful of the milk and dissolve the yeast in it; add to the milk, with the butter, sugar, salt and eggs. Add flour to make a light dough, about 2 cupfuls, and let rise till spongy. Beat in the remaining flour, knead well, and let rise till double in bulk (about three hours). Shape into finger rolls, let rise again, and bake in a quick oven.

German Coffee Cake (5 Hours)

2 cupfuls scalded milk
1½ compressed yeast cakes
¼ cupful tepid water
2 eggs or 4 egg yolks
1 teaspoonful salt
½ cupful melted butter or oleomargarine
½ cupful sugar
Juice and grated rind 1 lemon
About 5 cupfuls bread flour
Blanched almonds, sugar, and cinnamon

Scald the milk, and, when cooled, add the yeast dissolved in the tepid water and 2 cupfuls flour to make the batter. Let rise till light and spongy, then add the other ingredients in the order given, the eggs well-beaten, and flour to make a dough that can be kneaded. Knead till elastic, then set aside till light. Cut down and put into pans in sheets an inch and a half thick. Let rise till double in bulk, brush over the top with melted butter or egg white, and sprinkle with sugar and cinnamon mixed together, and blanched almonds. Bake about one-half hour in a moderate oven.

Almond Ring

2½ cupfuls scalded milk
1½ compressed yeast cakes
½ cupful warm water
⅔ cupful bread flour
3 egg yolks
4 tablespoonfuls butter or oleomargarine
1 teaspoonful salt
6 tablespoonfuls sugar
1 cupful washed and halved raisins
½ cupful halved blanched almonds
Bread flour to knead
Corn starch glaze

Scald the milk and cool until tepid. Soften the yeast cake in the warm water, add to the milk, beat in the flour and set in a warm place to become light. Then add the raisins, salt, sugar and shortening (melted) and the egg yolks well-beaten. Stir thoroughly and beat in flour to knead. Then let rise again, and, when double in bulk, cut down and shape into two long rolls. Oil a cookie sheet and shape these rolls into circles. Let rise again, bake until about done in a moderate oven, then brush over with the corn starch glaze made by dissolving a teaspoonful of corn starch in a fourth cupful of cold water and bringing it to boiling point. Sprinkle with the almonds and a little granulated sugar, then replace in the oven to set the glaze and finish cooking.

WAYS TO USE STALE BREAD

"It's only a slice of bread," we say as we scrape it into the waste can, but most housewives do not know that a generous sized slice is approximately equal in caloric value to a saucerful of rice, a small handful of almonds, a good-sized cube of cheese, an egg, a cupful of a nourishing stock or vegetable soup, a dozen oysters, a serving of codfish, or a slice of lean beef!

It does not seem as though much was being wasted when we throw away the crusts from sandwiches, or the end of the loaf, but when we realize that a single slice of bread wasted every day in every home in America, totals 625,000 lbs. a day, at a national cost of $50,000 daily, we can see that in that one item alone, a great deal of money can be saved.

In preparing crumbs the bread should be dried in a slow oven, then put through the medium-sized knife of the food chopper.

Whole wheat and rye bread crumbs should be kept separate for use in escalloping meats and vegetables and in thickening soups. White bread crumbs may be used for escallops, fish loaves, etc., where a more dainty flavor is desired, as well as for crumbing croquettes, and in making puddings, etc., while crumbs from sweet breads may be used in escalloping fruits and in making puddings and fritters.

In utilizing buttered toast or bread, keep it separate from the unbuttered slices, as the extra fat is liable to make the crumbs turn stale within a few days. The crumbs should be stored in jars with perforated tops, which will prevent rancidity and staleness.

Bread Breakfast Cereal

3 cupfuls broken bits dried white bread, or equal parts of white and whole wheat bread
3 cupfuls boiling water
½ teaspoonful salt

Boil gently for ten minutes, stirring with a wire whisk or fork. Serve with milk and sugar.

Bread and Nut Cereal

Steamed brown bread (stale)
Chopped nut meats

Dry the brown bread thoroughly and then grind into coarse crumbs. Add one-fourth as many nut meats and serve with milk and a little salt, as the main dish for a simple luncheon or supper. Serve plain without nutmeats for breakfast.

Bread and Tomato Soup

1 cupful diced turnip
2 onions, chopped
2 stalks celery, chopped, or ½ teaspoonful celery seed
2 cupfuls canned tomato
1 quart water
2 tablespoonfuls sausage, ham, or bacon fat
Salt and pepper to taste
1½ cupfuls crumbled dry bread crusts

Combine the vegetables, tomato and water and cook gently until the vegetables are tender, about an hour, replenishing the water to keep the amount as at first. Rub through a sieve, add the fat and crusts and simmer gently for ten minutes, stirring with a whisk, then season to taste.

Toast and Onion Soup

12 medium-sized onions
12 slices stale or dry bread toasted
1½ quarts any good soup-stock
Grated, dry cheese

Slice the onions and fry them slowly, till soft and yellowed, in any good cooking fat. In the meantime toast the bread and put two slices in each soup plate. Put the onions on this, pour over the broth, which should be boiling hot, and sprinkle with the grated cheese. Crumbled bread crusts may be used for this soup if they are first toasted in the oven.

Scrambled Eggs with Crumbs

1½ cupfuls coarsely crumbled, dry crusts of bread
3 tablespoonfuls ham, bacon or sausage fat
½ teaspoonful salt
⅛ teaspoonful pepper
4 eggs
¼ cupful milk or water

Fry the crumbs in the fat till light brown, then beat together the eggs, liquid and seasonings, and pour into the crumbs. Stir over a slow fire till set.

Shirred Eggs with Crumbs (Individual)

Rub ramekins or shirred-egg dishes with ham or bacon fat, put in each one a tablespoonful of coarse, dry bread crumbs and a tablespoonful of milk, or tomato sauce. Break carefully an egg into each dish, dot with a bit of bacon fat and dust with salt and pepper; bake until set in a moderate oven, about ten minutes.

Bread Crumb Omelet

1½ cupfuls crusts entire wheat bread, dried and crumbled
1 cupful milk
1½ teaspoonfuls salt
¼ teaspoonful pepper
4 eggs
1 tablespoonful ham, bacon, or sausage fat

Cook the bread and milk together gently to form a paste. Then add the seasonings. Separate the eggs, beat the whites till stiff and the yolks till lemon-colored. Pour the bread mixture into the yolks, combine with the whites and pour into an omelet pan in which the fat has been melted. Cook as usual, setting the omelet in the oven to make the top firm. If desired, the fat may be dissolved in a glass or earthenware baking dish, the omelet mixture poured in and the cookery carried on completely in the oven.

Bread and Nut Loaf

1¼ cupfuls chopped English walnuts, black walnuts, or mixed nut meats
1½ cupfuls cooked hominy grits
1 large egg
⅛ teaspoonful pepper
½ teaspoonful sage
1 teaspoonful salt
3 tablespoonfuls melted oleomargarine
1½ cupfuls ground whole wheat bread crumbs, dried

Combine the ingredients in the order given, pack into a well-oiled, brick-shaped pan which has been lined with paper and bake slowly for forty-five minutes. Serve with peanut butter sauce, or a plain white sauce.

Bread and Ham Timbales

2 cupfuls minced ham
2 eggs separated
1½ cupfuls dried bread crusts crumbled
1¼ cupfuls milk
¾ teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful scraped onion

Combine the crumbs and milk and cook to a paste. Add to the ham, together with the seasoning and the egg yolks. Fold in the whites, beaten stiff, transfer to timbale moulds or small custard cups, which have been oiled with ham fat, set them in a pan of hot water and cook until set, like custard, about twenty-five minutes in a moderate oven. Turn out and serve with white or tomato sauce, or peas.

Bread and Cheese Pudding

1½ cupfuls crumbled, dry bread crusts
2 eggs
1 teaspoonful salt
Few grains paprika
⅛ teaspoonful pepper
2 tablespoonfuls butter or oleomargarine, melted
1 pint milk
1¼ cupfuls chopped American cheese

Scald the crumbs in the milk; beat together the other ingredients. Pour over the hot milk, transfer to a well-oiled baking dish, set in a pan of hot water, and bake until firm in a moderate oven.

Bread Savory

- 6 onions
- 3 cupfuls milk
- 1½ cupfuls dried, crumbled entire wheat bread crumbs
- ½ cupful minced ham or shredded smoked beef
- 2 eggs, slightly beaten
- 1 teaspoonful salt
- ⅛ teaspoonful pepper
- 2 tablespoonfuls ham fat

Slice the onions thin and cook, till soft and yellow, in the fat. Then add the other ingredients in the order given, pour into a baking dish rubbed with a little ham fat and cook gently until set.

Brown Bread Biscuits

- 4 tablespoonfuls any good cooking fat
- ⅝ cupful boiling water
- 1 cupful ground whole wheat, rye, or oatmeal bread crumbs
- 1 cupful bread flour
- 1 teaspoonful salt
- 3 teaspoonfuls baking powder
- ¼ cupful grated cheese, or ground nut meats, if desired

Melt the fat in the hot water and pour onto the crumbs. Cool till tepid, then work in the flour, salt and baking powder mixed; pat out as any biscuit dough, shape in small rounds, brush lightly with milk and bake in a quick oven. If desired, the cheese or nuts may be worked into the dough, making the biscuits very substantial. In this case they should be served with a vegetable salad as the main course at luncheon or supper.

Bread, Tomato and Cheese Stew

- 1½ cupfuls coarse stale bread crumbs
- 1 onion chopped
- 3 tablespoonfuls bacon, ham, or sausage fat
- 1 quart can tomatoes
- ¾ cupful grated cheese
- 1 teaspoonful salt
- ⅛ teaspoonful pepper

Fry the crumbs and onion in the fat, then mix the seasonings with the tomato; put a layer in the bottom of a sauce pan, sprinkle on some of the bread mixture and then some cheese, continuing till all is used. A cupful of any good broth may be added, if convenient. Let simmer gently for about ten minutes.

Bread and Meat Pie

2 cupfuls minced meat, any kind
2 cupfuls gravy, or brown sauce, well-seasoned
Few grains mace
1½ cupfuls coarsely crumbled, dry bread crumbs
½ cupful ground dry bread crumbs
2 tablespoonfuls butter or oleomargarine

Put the meat, coarse bread crumbs and sauce in a well-oiled baking dish in alternating layers. Top with the fine bread crumbs, mixed with the fat melted. Bake until brown in a moderate oven.

Bread and Egg Salad

3 hard-cooked eggs
1 cupful diced stale bread
¼ cupful olive, peanut, or corn oil
6 pickled onions, minced, or 1 tablespoonful scraped onion
⅓ cupful chopped mixed pickle
1½ cupfuls shredded lettuce or cabbage
Salt and pepper to taste

Put the bread and oil in the salad bowl and toss till the oil is almost absorbed, then add the eggs, chopped coarsely, and the other ingredients in the order given, together with a little of the pickle vinegar, if the salad is not sufficiently tart and moist. To this may be added a cupful of flaked, cooked fish, as salmon, bluefish, sardines, etc., or a cupful of diced ham or veal, or a half cupful of broken nut meats, or a cupful of chopped beets. If this is done, it will be necessary to increase the amount of oil by a tablespoonful and a half.

Bread Jelly

2 cupfuls broken bits dried white, sweet, or white and whole wheat bread mixed
⅛ teaspoonful nutmeg
2½ cupfuls boiling water
½ teaspoonful salt
¼ cupful sugar
Juice and grated rind ½ lemon

Simmer together the bread, water and salt until it is thoroughly blended, stirring with a wire whisk; it will take about twenty minutes. Then add the sugar and nutmeg and, when tepid, the lemon. Turn into moulds rinsed with cold water, let stand till firm and serve with cream or milk and sugar, with any cold, foamy fruit sauce, or with stewed fruit. If desired, quartered dates, halved raisins, bits of figs, or some chopped nut meats may be added to the mixture when it is taken from the heat.

Eggless Bread Pudding

1 cupful ground bread crumbs, any kind
1½ cupfuls boiling water
1 cupful mixed dried fruits, as raisins, dates, etc.
½ teaspoonful salt
¾ cupful brown sugar or corn syrup
1 teaspoonful mixed spice, or the grated rind ½ orange
3 cupfuls milk

Pour the boiling water over the crumbs, add the other ingredients in the order given and bake in a moderate oven till firm and brown, about an hour. Serve with cream, or milk, or with an orange sauce.

Steamed Bread and Jam Pudding

1 egg, slightly beaten
4 tablespoonfuls butter, or oleomargarine, melted
½ cupful bread flour
½ cupful ground crumbs, any kind
⅛ teaspoonful soda dissolved in a teaspoonful of hot water
Scant half cupful raspberry, strawberry, or apricot jam
1 tablespoonful orange marmalade

Mix the ingredients in the order given, pack into a well-oiled pudding mould and steam for an hour and a half. Serve with hard fruit sauce.

Bread and Suet Dumplings

¾ cupful ground bread crumbs (any kind)
¾ cupful chopped suet
Rind ¼ lemon, grated
¼ cupful brown or white sugar
1 egg
½ teaspoonful salt
⅛ teaspoonful nutmeg

Mix the ingredients in the order given and tie snugly in small floured pudding cloths, allowing a tablespoonful to a dumpling. Boil rapidly for thirty minutes and serve with lemon sauce. To make savory dumplings omit the sugar, nutmeg and lemon, and boil them in soup stock. Use only in a menu otherwise deficient in fat.

Crumb Tea Cake

2 tablespoonfuls good cooking fat, melted
¾ cupful sugar
½ teaspoonful orange extract
½ cupful milk
1 egg
1¾ cupfuls flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt

Put all these ingredients together in a bowl, beat well with a wire whisk and spread in a small, well-oiled dripping pan; cover the top with the following mixture of ingredients combined in the order given: two tablespoonfuls butter or oleomargarine, ¾ cupful ground bread crumbs (any kind), 3 tablespoonfuls sugar, 2 teaspoonfuls cinnamon. Press this slightly into the dough. Bake the cake as usual and serve warm.

Bread Fritters

1 cupful milk, scalded
2 tablespoonfuls sugar
⅛ teaspoonful salt
¼ teaspoonful vanilla
9 slices stale bread
Egg white and fine bread crumbs for rolling

Pour the milk over the bread, add the sugar, salt and vanilla and let stand till the bread has taken up the milk, stirring occasionally to break up any crusts. Take up the mixture in tablespoons, pressing out any excess milk, then roll in slightly-beaten egg white diluted with the milk that has been pressed out, then in the fine crumbs. Fry in deep fat hot enough to brown a bit of bread in forty counts. Serve with any desired sweet sauce.

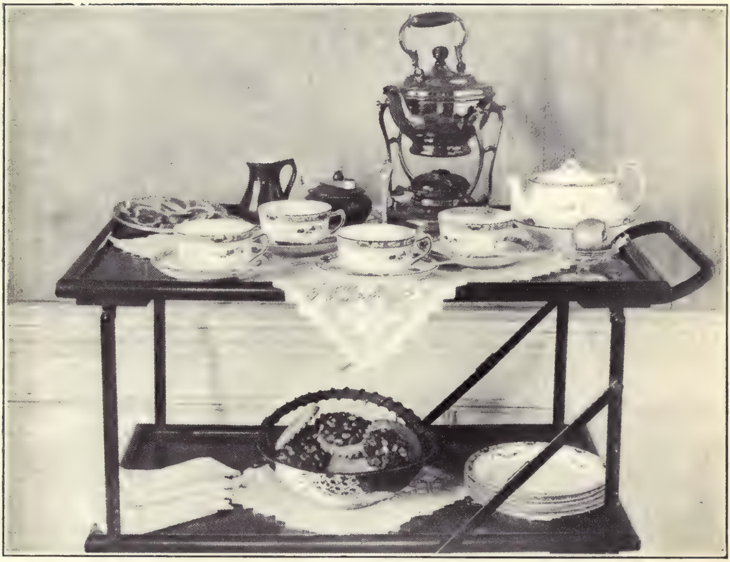
Buttermilk Bread Muffins

1 cupful dried ground bread crumbs
½ cupful bread flour
2 cupfuls bran
1 egg
2 tablespoonfuls Barbadoes molasses
1 teaspoonful salt
2 cupfuls buttermilk
⅞ teaspoonful soda

Put together the dry ingredients, then combine the egg, slightly beaten, the molasses, buttermilk and soda. Pour into the dry ingredients, transfer to well-oiled gem-pans and bake about twenty-five minutes in a moderate oven.

Bread Croustades, or Bread Boxes

Slice off the crusts from a loaf of stale bread, making the cut slices very thin; then cut the loaf in slices two inches thick, and hollow these out by means of a sharp knife and spoon to form boxes or shells. Brush these lightly with melted butter or oleomargarine, and brown them in a hot oven, or fry them in deep fat hot enough to brown a bit of bread in forty counts. Use for



General Utility Wheel-Tray Set For Afternoon Tea Service

creamed chicken or other meats; creamed lobster, or any desired fish, or creamed vegetables.

Large bread croustades may be made in a similar way by using the entire loaf. These act as holders for creamed meat or fish, fried oysters, or a vegetable.

Croutons

Cut stale bread in half inch strips, then crosswise into half inch squares, and fry lightly in butter or oleomargarine, or toast in a hot oven. Serve with soups.

CHAPTER VII

QUICK BREADS

ALL MEASUREMENTS ARE LEVEL

There is almost no type of cookery in which there are so many failures as in the making of quick breads, and yet there is no food that ought to be more carefully made because it is generally served at breakfast when the digestive organs are not yet toned up. If the hot bread is not properly cooked, and therefore easily assimilated, it is frequently the cause of indigestion.

It is by no means necessary to be glued to a recipe in this regard, if one can keep in mind the general proportions of liquid, baking powder, flour and shortening for making breads of this type. Generally speaking these proportions are as follows:

Griddle Cakes. Two-thirds as much liquid as flour; a teaspoonful of baking powder to each cup of flour; a tablespoonful or less of butter or other shortening to each pint of liquid and one or two eggs to three cupfuls of flour.

Muffins. The general proportions are: A cupful of milk, 2 cupfuls of flour, 3 teaspoonfuls baking powder, and from one to three tablespoonfuls of shortening.

Sour Milk Muffins. Observe the above general proportions substituting a half teaspoonful of soda for each cupful of sour milk, buttermilk, or sour cream. If the milk is not very sour, it may be neutralized by the addition of one-fourth teaspoonful of soda, and baking powder may be added to the mixture in two-thirds the usual quantity.

Baking Powder Biscuits. The general proportions are half as much liquid as flour, from one to two tablespoonfuls of shortening to each cup of flour and two teaspoonfuls of baking powder to each cupful of flour.

In adding any grain or meal to a plain muffin recipe, use ¾ cupful in place of a cupful of the flour. The liquid may remain the same as indicated, as the grain will swell enough to take it up. Sugar and salt may be added as desired, but a word must be said for the unsweetened, or simply slightly sweetened, breakfast bread. We Americans are liable to demand a cake rather than a bread, and then wonder why we are conscious of the existence of that organ called the liver!

Baking Quick Breads

The oven should be hot (375 degrees F.) for all baking powder biscuit mixtures and all muffins. Popovers need a slow oven (about 300 degrees F.) to allow for the full expansion of the air which is the only leavening agent. Quick loaf breads demand a heat of 350 degrees F. which should be greatly lessened during the last quarter of the baking time.

The pans should be slightly warmed and very well oiled with lard or beef drippings.

Steaming Quick Breads

Moulds the size of pound baking powder cans should be steamed an hour and a half. Large moulds, the size of a three-pound lard pail, should be steamed four hours. Always start the mould with the water cold and bring gradually to boiling point so that the mixture will heat evenly throughout. Count the steaming from the time that the water commences to boil.

Cooking Griddle Cakes

If possible, use an aluminum or soapstone griddle, or even one of steel and do not oil it, simply rub it off occasionally with a bag containing salt. Cakes baked in this way are light and digestible. However, if a fried flavor is especially liked, the griddle may be oiled easily by means of a swab or cloth tied onto a skewer. Drippings, lard, or bacon fat may be used, or any of the vegetable oils, but butter or oleomargarine burn too quickly to be adopted.

Mix the griddle cake mixture in a pitcher and pour out to the desired size on the griddle, which should be almost smoking hot. Test the ungreased griddle with a bit of the dough. The cakes are ready to turn when they are full of bubbles. They should be turned only once.

Choice of Ingredients for Quick Breads

Always use bread flour; butter or oleomargarine may be used interchangeably. Bacon fat may be used in cornmeal and gingerbread mixtures, while drippings or lard may be introduced in any recipe if desired, although the flavor will not be quite so good. Skimmed milk may be used instead of whole milk, but in this case the shortening should be increased three-fourths of a tablespoonful. The baking powder may be either a phosphate or a cream of tartar powder. An alum powder has no place in any household.

Baking Powder Biscuits

2 cupfuls bread flour
4 teaspoonfuls baking powder
½ teaspoonful salt
2 tablespoonfuls butter, oleomargarine or drippings
About ¾ cupful milk or water

Mix and sift the dry ingredients. Work in the shortening with the finger tips, and add the wetting. Keep as dry as possible. Toss onto a slightly floured board, and pat to one-half inch in thickness; shape with a biscuit cutter, tucking under the edges so that there will be no "remnants," place on a well-oiled pan with the edges scarcely touching and bake about fifteen minutes in a quick oven.

Quick Cinnamon Rolls

Follow the recipe for Baking Powder Biscuits, patting the mixture into oblong shape; spread lightly with melted butter or oleomargarine, sprinkle with a half cupful of sugar, mixed with a teaspoonful of cinnamon, roll up, cut in crosswise slices like a jelly roll, and bake in a quick oven.

Orange Roll Biscuits

Follow the recipe for Baking Powder Biscuits. Pat the mixture into oblong shape, spread lightly with melted butter, and strew over one-fourth cupful of granulated sugar and a half cupful of finely-chopped, candied orange peel. Roll up as in making Quick Cinnamon Rolls, cut in slices, bake and put a spoonful of orange icing on the top of each one. Use with coffee as a dessert, or for afternoon tea.

Quick Rolls

2½ cupfuls bread flour
½ teaspoonful salt
3½ teaspoonfuls baking powder
1 egg beaten light in a cup, the cup being then filled with milk
2 teaspoonfuls sugar
4 tablespoonfuls butter or oleomargarine

Sift together the dry ingredients; work in the shortening with the finger tips, keeping the mixture coarse. Then moisten with the milk and egg mixture and pat out to one-fourth inch thickness on a floured board. Cut in rounds, brush each one with melted butter, and crease each round with a case knife. Fold over and bake in a quick oven.

Savory Rolls

Follow above directions, spreading the cut rounds with devilled ham or peanut butter.

Walnut Rolls

Follow the directions given for Quick Rolls, adding to the mixture ¾ cupful of chopped English walnut meats.

Marmalade Balls

Follow the directions for Quick Rolls. Cut into thick biscuit rounds, put a teaspoonful of marmalade or jam on each, fold the edges over, and place folded side down on an oiled baking pan. Brush with milk and dust with granulated sugar. Bake in a quick oven.

Cream of Tartar Biscuit

1 cupful milk
2 tablespoonfuls butter, butterine or drippings
2 teaspoonfuls cream of tartar
1 teaspoonful soda
½ teaspoonful salt
Bread flour—probably 2½ cupfuls

Melt the fat and add it to the liquid. Sift the salt, cream of tartar, soda and 1 cupful of the flour together. Add the liquid and enough flour to make a soft dough

Roll out to one-half inch thickness and cut in rounds. Bake about twenty minutes in a quick oven.

Sweet Cream Biscuits

1½ cupfuls heavy sweet cream
¾ teaspoonful salt
1 teaspoonful soda
2½ teaspoonfuls cream of tartar
Bread flour to roll, about 2½ cupfuls

Sift together a cupful of the flour with the remaining dry ingredients. Stir this into the cream with enough additional flour to roll. Pat out to one-half inch in thickness, shape with a small cutter and bake fifteen minutes in a hot oven.

Dumplings

2 cupfuls bread or whole wheat flour
4 teaspoonfuls baking powder
½ teaspoonful salt
1½ tablespoonfuls shortening
¾ cupful milk and water in equal parts

Mix the dry ingredients, and work in the shortening with the finger tips. Add the liquid gradually. Toss on a floured board and pat out to one-half inch in thickness. Shape with a biscuit cutter, place in a colander or steamer, set over boiling water or the liquid designated and steam twelve minutes. Serve at once.

Butter Cakes, New York Style

2¾ cupfuls bread flour
1½ cupfuls buttermilk or sour milk
1 teaspoonful soda
1 teaspoonful salt
1 egg yolk
⅔ tablespoonful melted butter

Sift together the dry ingredients three times. Make a hole in the center and pour in ½ cupful of the buttermilk mixed with the egg yolk, beaten, and the melted butter. Stir well until the liquid is all taken up, and then add the remaining buttermilk. Turn onto a floured board and work until the elasticity seems to have disappeared. Pat out to three-quarter inch in thickness, and cut into biscuits two and one-half inches across. Set aside in a cool place for two or three hours, or less time if necessary, and then fry very slowly on a griddle, as in cooking English muffins.

To serve: Split while hot, and spread generously with butter.

Yorkshire Pudding

1¼ cupfuls milk
1¼ cupfuls flour
2 eggs
½ teaspoonful salt

Mix the salt and flour, and add the milk gradually, beating well to form a smooth paste, then add the eggs, beaten, whipping thoroughly. Cover the bottom of a pan with some of the beef fat from roasting beef and pour in the pudding mixture one-half inch deep. Bake twenty minutes in a hot oven, basting, after well-risen, with some of the fat from the pan in which the meat is roasting. Break in squares for serving, as cutting makes it heavy.

Soft Gingerbread

1 cupful Barbadoes molasses
¾ cupful sugar
1 cupful boiling water
3 tablespoonfuls melted lard, sausage or bacon fat
3 cupfuls bread flour
1 teaspoonful soda
1 teaspoonful salt
1½ teaspoonfuls ginger

Melt the fat in the water, add the molasses and sugar and beat in all the dry ingredients sifted together; bake in a sheet in a dripping pan, thirty minutes in a moderate oven.

Plain Griddle Cakes

3 cupfuls bread flour
4 teaspoonfuls baking powder
1 teaspoonful salt
2 tablespoonfuls melted butter or other fat
2 tablespoonfuls sugar
2 cupfuls milk
1 egg

Mix the dry ingredients. Beat the egg light, add the milk, and pour slowly onto the first mixture, beating continuously. Add the shortening, and fry as in the general directions.

French Pancakes

Make as plain griddle cakes, the size of a saucer. Spread with jelly or jam, roll up and sift with powdered sugar.

Bread Crumb Griddle Cakes

1 cupful fine dry bread crumbs
2¼ cupfuls sour milk or buttermilk
½ cupful bread flour
½ teaspoonful soda
½ teaspoonful salt
1 tablespoonful sugar
1 teaspoonful melted lard or dripping
1 egg, optional

Soak the crumbs in the milk for three-quarters of an hour, then add the flour and other dry ingredients sifted together, and the egg and shortening. Fry as in the general directions.

Cornmeal Griddle Cakes

¾ cupful home-ground cornmeal
1¼ cupfuls bread flour
4 teaspoonfuls baking powder
½ teaspoonful salt
2 tablespoonfuls sugar
1½ cupfuls milk
1 egg
2 tablespoonfuls melted shortening

Mix together the cornmeal, flour, baking powder, salt and sugar. Beat the egg light, add the milk and stir into the dry ingredients, with the melted shortening. Fry as in the general directions.

Entire Wheat Meal Griddle Cakes

3 cupfuls entire wheat meal
1 cupful bread flour
2 cupfuls milk
3 teaspoonfuls baking powder
½ teaspoonful salt
1 egg

Beat the egg light. Add the milk, then the baking powder and salt mixed with the meal and flour. Fry according to the general directions.

Rice Griddle Cakes

2½ cupfuls hot boiled brown or uncoated rice
2½ cupfuls flour
5 teaspoonfuls baking powder
½ teaspoonful salt
2½ cupfuls milk
2 eggs

Stir the salt and milk into the hot rice; cool, then add the egg yolks well-beaten and the flour sifted with the baking powder. Fold in the egg whites beaten stiff and dry. Fry according to the general directions. These are delicious with melted currant jelly. Hominy may be substituted for the rice.

Green Corn Griddle Cakes

1 cupful green corn pulp (scraped from cobs)
1 egg, beaten light
½ teaspoonful salt
⅓ cupful milk
1 tablespoonful melted butter or other fat
½ cupful bread flour
1 teaspoonful baking powder

Mix in the order given, drop by teaspoonfuls on a hot griddle, and fry according to the general directions.

Popovers

1¼ cupfuls bread flour
½ teaspoonful salt
1⅛ cupfuls milk
1 egg
1 teaspoonful melted butter or other fat

Sift the salt and flour together; pour the milk in a mixing-bowl, and beat the flour mixture in slowly, stirring thoroughly to make a smooth batter. An egg-beater gives good results. Add the egg, beaten light, and the melted shortening, beat hard for two minutes, half fill deep gem-pans, well heated and oiled, and bake fifty minutes in a slow oven.

Waffles

1½ cupfuls bread flour
2 teaspoonfuls baking powder
1 cupful rich, sweet cream, or
1 cupful milk and 3 tablespoonfuls melted butter
¼ teaspoonful salt
2 eggs

Sift together the dry ingredients. Add the egg yolks, beaten and mixed with the milk, the melted butter, if it be used; lastly, fold in the egg whites, beaten dry. Have both sides of the waffle iron hot and well-oiled. Put a tablespoonful of the mixture in each compartment and let down the top. When the mixture is baked on one side, turn the iron to brown the other side. Remove the cooked waffles with a fork.

Twin Mountain Muffins

2 tablespoonfuls butter or oleomargarine
2 tablespoonfuls sugar
½ teaspoonful salt
1 cupful milk
2 cupfuls bread flour
3 teaspoonfuls baking powder

Melt the butter and add the sugar and egg; sift the baking powder with the flour, and add to the first mixture, alternating with the milk. Bake in well-oiled gem-pans twenty-five minutes.

Blueberry Muffins

Add one and one-half cupfuls of blueberries to the flour in the preceding recipe and proceed as directed.

Date Muffins

- 2 cupfuls bread or whole wheat flour
- 3 teaspoonfuls baking powder
- ½ teaspoonful salt
- ¾ cupful quartered dates
- 4 tablespoonfuls melted butter or oleomargarine
- 1¼ cupfuls milk
- 1 egg

Mix the dates with the flour, baking powder and salt. Put the egg and milk in a bowl, beat together, add the flour mixture and the melted shortening, beat well, and bake twenty-five minutes in a moderate oven.

Bran Muffins

- 2 tablespoonfuls Barbadoes molasses
- 1 teaspoonful soda
- 1 teaspoonful salt
- 2 cupfuls sour milk
- 1 egg (well-beaten)
- 1 tablespoonful melted butter or other shortening
- 1 cupful bread flour
- 3 cupfuls bran

Mix the ingredients in the order given. Beat well, and bake thirty minutes in well-oiled gem-pans.

Eggless Johnny Cake

- 1½ cupfuls home-ground cornmeal
- 2½ cupfuls bread flour
- ⅓ cupful sugar (optional)
- 6 teaspoonfuls baking powder
- 1 cupful milk
- 1 cupful water
- ½ teaspoonful salt
- 2 tablespoonfuls melted beef, oleomargarine, bacon fat, or drippings

Mix together the dry ingredients. Stir in the milk and water, add the melted fat and bake in a well-oiled dripping pan in a quick oven.

Quick Corn Muffins

- 1 cupful home-ground cornmeal
- 1 cupful bread flour
- 2 tablespoonfuls sugar
- 1 tablespoonful baking powder
- 1 teaspoonful salt
- 1 egg
- 1¼ cupfuls milk
- 3 tablespoonfuls melted bacon fat

Measure the bacon fat in an enamel mixing-bowl or stew-pan and melt it. Add the other ingredients in the order given; beat thoroughly and bake in well-oiled muffin pans for twenty-five minutes in a moderate oven.

Graham Muffins

1 cupful graham meal
1 cupful bread flour
2 tablespoonfuls sugar
3 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful milk
1 egg
1 tablespoonful melted butter or other fat

Mix together the dry ingredients, add the milk gradually, the egg well-beaten and the shortening. Bake in hot, oiled gem-pans twenty minutes, or pour into a well-oiled mould and steam three hours, serving it as a pudding with molasses sauce.

Quick Rice Muffins

2 cupfuls bread flour
1 cupful cold, cooked brown or uncoated rice
3 teaspoonfuls baking powder
1 cupful milk
1 egg
2 tablespoonfuls melted butter or other fat
½ teaspoonful salt
2 tablespoonfuls sugar

Mix together the salt, flour, sugar and baking powder. Rub in the rice with the finger tips, add the egg well-beaten, the milk and the shortening. Beat thoroughly and bake in well-oiled hot gem-pans for thirty minutes in a quick oven.

Cereal Muffins

Substitute any kind of left-over, cold, cooked cereal for the rice in the preceding recipe, and proceed as directed.

Entire Wheat Muffins

1¾ cupfuls entire wheat meal or flour
½ teaspoonful salt
1 tablespoonful sugar
1 cupful milk
½ teaspoonful soda
1 egg
1 teaspoonful cream of tartar
1 tablespoonful melted butter or other fat

Mix together the milk, salt, sugar and egg, slightly beaten. Stir in the flour mixed with the soda and cream of tartar. Beat well, add the shortening, transfer to well-oiled muffin pans and bake about twenty-five minutes in a moderate oven.

Rye Muffins

1 cupful sour cream and
1 cupful sour milk
or
2 cupfuls sour milk and
1 teaspoonful melted butter
1 teaspoonful soda
2 tablespoonfuls sugar
1 teaspoonful salt
2 eggs
1 cupful rye meal
1 cupful bread flour

Mix together the sour milk and cream. Add the soda dissolved in a teaspoonful of warm water. Mix together the sugar, salt, meal and the flour and add to the mixture. Stir in the eggs, well-beaten, and bake twenty-five minutes in a quick oven.

Currant Nut Muffins

3 tablespoonfuls melted butter or oleomargarine
2½ tablespoonfuls sugar
1 egg
2 cupfuls bread flour
3 teaspoonfuls baking powder
¼ cupful currants
¼ cupful broken walnut meats
1 cupful milk

Combine the ingredients in a bowl in the order given, and beat well. Drop into well-oiled muffin pans and bake twenty-five minutes in a moderate oven.

Apple Muffins

¼ cupful butter or oleomargarine
6 tablespoonfuls sugar
¼ teaspoonful salt
1 egg
2 cupfuls chopped apple
¾ cupful milk
2 cupfuls bread flour
3 teaspoonfuls baking powder

Cream the butter, add the sugar gradually, and then the egg well-beaten. Sift together the flour, salt and baking powder, and add the apple. Add alternately to the muffin mixture with the milk, and bake twenty-five to thirty minutes in a moderate oven.

Sour Milk Spider Corn Cake

1½ cupfuls sour milk or buttermilk
½ teaspoonful soda
1⅛ cupfuls home-ground cornmeal
½ cupful bread flour
3 teaspoonfuls baking powder
1 tablespoonful sugar
¾ teaspoonful salt
1 egg
1½ cupfuls sweet milk

Mix the dry ingredients together and then pour in the sour milk, mixed with the soda and half of the sweet milk. Beat well, stir in the egg well-beaten and pour into a heavy frying pan, containing two tablespoonfuls of melted drippings. Pour in the mixture, gently add the remaining milk but do not stir. Bake thirty minutes in a moderate oven. To be perfectly successful this cake should contain a custard layer in the center. It is delicious served with currant jelly, as a hot supper dish.

Corn Cake

1½ cupfuls bread flour
1½ teaspoonfuls salt
2 tablespoonfuls sugar
1½ cupfuls milk
1¼ cupfuls home-ground cornmeal
2 tablespoonfuls baking powder
1 or 2 eggs
2 tablespoonfuls melted butter or bacon fat

Sift the flour, cornmeal, salt, sugar and baking powder together. Add the eggs well-beaten, the milk and shortening. Pour into oiled muffin pans and bake twenty-five to thirty minutes in a moderate oven.

Quick "Sally Lunn"

½ cupful sugar
3 tablespoonfuls melted butter or oleomargarine
2 eggs
2 cupfuls bread or pastry flour
1 cupful milk
3 teaspoonfuls baking powder
½ teaspoonful salt

Beat the eggs and sugar together until creamy. Sift together the flour, salt and baking powder and add alternately to the mixture with the milk. Add the melted shortening last and bake in a large cake pan in a quick oven.

Quick Entire Wheat Meal Bread

3½ cupfuls whole wheat meal
2 tablespoonfuls sugar
2 cupfuls milk
1 teaspoonful soda
2 eggs
2 teaspoonfuls cream of tartar
1 tablespoonful melted butter or oleomargarine

Mix together the dry ingredients. Beat the eggs light, add the milk and stir into the mixture. Beat thoroughly and bake in two small bread tins in a slow oven about fifty minutes.

Quick Graham Bread

3 cupfuls graham meal
¼ cupful sugar or Barbadoes molasses
1 teaspoonful salt
1 cupful flour
1 teaspoonful soda
2 teaspoonfuls cream of tartar
2 eggs
2 cupfuls milk

Mix together the meal, sugar and salt. Sift in the flour, soda and cream of tartar. Mix well, add the eggs beaten light, and the milk, gradually. Beat thoroughly and bake in a bread pan or two-dozen muffin pans.

Ginger Graham Bread

2 cupfuls sour milk
⅔ cupful molasses
2 teaspoonfuls soda dissolved in 1 tablespoonful boiling water
2 teaspoonfuls ground ginger
1 cupful fine entire wheat flour
3 cupfuls graham meal
1 egg
½ teaspoonful salt

Mix together the milk, molasses, soda, salt and ginger. Add the egg unbeaten, and whip in the flour and meal gradually. Bake in two small bread pans in a moderate oven for fifty minutes. A cupful of nutmeats may be added if desired. Let stand at least twenty-four hours before using.

Prune Bread

1 cupful home-ground cornmeal
2 cupfuls graham meal
½ cupful Barbadoes molasses
½ teaspoonful salt
1 cupful milk
¾ cupful chopped raw prunes
¼ teaspoonful soda
2 teaspoonfuls baking powder

Mix together the dry ingredients and prunes. Add the soda to the molasses and the baking powder to the meal. Mix the milk and molasses, turn into the first mixture, beat well, and pour into well-oiled baking powder cans; steam one and a half hours.

Quick Nut Bread

3 cupfuls entire wheat meal
½ cupful bread flour
1 teaspoonful salt
3½ teaspoonfuls baking powder
1 tablespoonful sugar
1 cupful chopped hickory nut, English walnut, or black walnut meats
2½ cupfuls milk

Mix together the meal, bread flour, salt, baking powder, sugar and nut meats. Beat in the milk. Turn into two well-oiled bread pans, and bake in a moderate oven about forty-five minutes.

Boston Brown Bread

1 cupful graham meal
1 cupful rye meal
2 cupfuls home-ground cornmeal
1 teaspoonful salt
2 cupfuls sour mik or buttermilk
¾ cupful Barbadoes molasses
1 teaspoonful soda

Mix together the sour milk and molasses; add the soda, dissolved in a tablespoonful of warm water, and beat in the meal. Divide into three-pound baking powder tins, well-oiled, and steam for one and a half hours. A few raisins may be added with the meal if desired.

Suet Corn Bread

4 cupfuls home-ground cornmeal
2 cupfuls graham or whole wheat flour
1 cupful finely ground suet
¾ cupful Barbadoes molasses
1 teaspoonful soda
2 teaspoonfuls salt
3 cupfuls sour milk, or buttermilk

Mix the dry ingredients, except the soda, and rub in the suet with the finger tips. Add the soda to the molasses, combine with the sour milk, and beat into the mixture. Pour into well-oiled moulds, filling them two-thirds full, cover and steam for four hours. A cupful of stoned, quartered raw prunes or raisins may be added.

French Toast

12 slices of white bread (24 hours old)
3 cupfuls milk
1 egg
1 teaspoonful sugar
Few grains of salt

Let the bread stand in the milk, egg, sugar and salt for a few minutes to become soft. Then fry on a hot griddle, well-oiled with beef drippings, lard or a vegetable cooking oil. Fry quickly, so that the toast will be crisp on the outside and soft inside.

Cornmeal Crackers

2 cupfuls home-ground cornmeal
2 teaspoonfuls salt
2 cupfuls boiling water
2 tablespoonfuls melted butter or other fat

Mix the cornmeal and salt and beat it slowly into the boiling water. Add the fat and spread the mixture in a large dripping pan, keeping it thin. Bake until crisp in a quick oven and cut in squares for serving.

Cinnamon Toast

White bread, 24 hours old
Powdered sugar
Cinnamon
Butter

Cut the bread in one-fourth inch slices, trim off the crusts and toast quickly, so that it will be crisp on the outside and soft on the inside. Spread with butter, and sprinkle thickly with powdered sugar, mixed with cinnamon, using 2 tablespoonfuls of cinnamon to a cupful of powdered sugar. This should be kept made up in a sugar shaker. Cut the toast in triangles or strips and serve after standing in the oven a moment or two so that the sugar and butter may become blended.

CHAPTER VIII

APPETIZERS

ALL MEASUREMENTS ARE LEVEL

The success of a "company" meal depends largely upon the accessories; *hors d'œuvres,* or relishes, and dainty appetizers are to a luncheon or dinner like the trimming to a dress, retrieving the plainness and lending an artistic finish that the finest meal cannot attain if they are omitted. Unfortunately, most housewives have the impression that caviar, anchovy paste and other expensive ingredients are needed to prepare these tidbits, but in reality the most ordinary materials, skilfully combined, are quite as savory, and much more acceptable because they have the home touch. Whereas there is no appreciable difference between *hors d'œuvres* and relishes, the more elaborate types like canapes, fish cocktails, or raw oysters are used to begin a meal, other simpler types, like fringed celery and stuffed olives, being passed between the courses.

The appetizers used to commence a meal are as follows: Grapefruit, fruit cups, raw oysters, or clams, fish cocktails, vegetable cocktails and hot or cold canapes. As a general rule, it may be said that the fruit, fruit cups and vegetable cocktails are more suitable to warm weather meals, canapes, and the various fish appetizers being more adaptable to the colder months.

Canapes should be served on small plates covered with doilies. A dessert or ramekin fork should be provided for the service. Raw oysters, or clams, on the shell should be served on beds of shaved ice in deep plates with a garnish of lemon points, radish roses or with a wine glassful of a suitable sauce in the center of each plate. Tiny sandwiches should be passed with them. Fish cocktails may be served in wine glasses, or in cups

sweet green peppers and onions, mixed with a little French dressing. Set an egg-half on each slice, sprinkle over the riced egg yolk and top each egg-half with a slice of stuffed olive.

Peanut Butter Canapes

6 buttered toast rounds
Peanut butter
Thick mayonnaise dressing, or well-moistened cream cheese
Narrow strips of green and red peppers

Spread the toast rounds lightly with peanut butter, and place alternately on them the strips of red and green peppers, pressing them firmly into place. Pipe the mayonnaise or cheese around the edge, by means of a pastry bag and tube.

Peanut Canapes

Cut rounds of bread and brown them in deep fat. Spread lightly with cream cheese, moistened with mayonnaise or cream, sprinkle thickly with chopped peanuts, put half a stuffed olive in the center of each, and put wreathes of parsley sprigs around the edges.

Tomato Canapes

6 slices bread
6 slices tomato
½ Neufchatel cheese
Stiff mayonnaise
Salt
Pepper
Paprika
2 tablespoonfuls powdered parsley

Cut six slices of bread in round shapes, and toast or fry. Spread lightly with well-seasoned cream cheese, and set over it a slice of tomato. Sprinkle with salt and pepper. Pipe around each tomato slice a ring of mayonnaise, studded with mayonnaise roses, and pile three tiny balls of cream cheese, rolled in the parsley, on each tomato slice.

Hot Oyster Canapes

1½ cupfuls cream
4 tablespoonfuls fine, soft bread crumbs
1½ tablespoonfuls butter
Few grains red pepper
Few grains nutmeg
2 dozen oysters (cut in halves)
2 tablespoonfuls minced peppers
¾ cupful quartered mushrooms
Toast rounds

Melt the butter, add the mushrooms and peppers and sauté (fry) till softened. Add the cream, crumbs and seasonings, and, when hot, the oysters. Stir until the edges begin to curl, then serve on well-buttered toast rounds.

Mushroom Canapes

6 round bread croustades
6 large mushrooms
1 tablespoonful butter
Salt and pepper
2 tablespoonfuls thick cream
Nutmeg
3 tablespoonfuls minced ham
1 teaspoonful green pepper, minced

Prepare six shallow bread croustades, and either toast or fry them. Remove the skins from the mushrooms and scoop out the gills. Chop the stems, add the peppers and sauté, till softened, in the butter. Then add the cream and ham, season and pile lightly into the inverted mushroom caps. Bake five minutes in a quick oven, set in the croustades and serve individually.

Oyster Cocktail (Individual)

6 small raw oysters
½ tablespoonful tomato catsup
¼ tablespoonful vinegar or lemon juice
Grated orange rind
1 drop tabasco
Few grains salt
1 teaspoonful celery, chopped fine
¼ teaspoonful fine Worcestershire

Mix the ingredients, chill thoroughly and serve.

Baked Oysters on the Half Shell

Allow six oysters to a person. Place the oysters on the half shell in a dripping pan, lay a tiny bit of bacon on each one and bake in a moderate oven till the oysters curl, about five minutes. Serve garnished with a slice of lemon decorated with strips of pimento, fringed celery and parsley.

Crab Flake Cocktail

5 well-shaped green peppers
6 tablespoonfuls lemon juice
¼ teaspoonful curry powder
1¼ cupfuls crab flakes cut in inch lengths
6 tablespoonfuls catsup
1 tablespoonful horseradish
¼ teaspoonful Worcestershire
Lettuce hearts

Cut the peppers in halves, crosswise, scraping out the seeds and core, rinse in cold water, dry and fill with a sauce made of the catsup, lemon juice, etc. Place on a bed of lettuce hearts, arrange on individual plates, and dispose the flakes on the leaves around the base of each cup.

Clam Cocktail (Individual)

6 Little Neck clams
½ tablespoonful lemon juice
½ teaspoonful grated horseradish
1 drop tabasco
½ tablespoonful grapefruit juice
1 tablespoonful tomato catsup
Few drops Worcestershire
¼ teaspoonful celery salt
Few grains curry powder

Discard the hard heads of the clams and wash the clams carefully to remove any grit. Mix together the sauce ingredients, add the clams, cover and let stand one hour in a cold place before serving.

Clam and Grapefruit Cocktail

24 Little Neck clams
Carpels from 2 grapefruit
2 tablespoonfuls shredded red and green peppers
1 tablespoonful lemon juice
½ teaspoonful salt
Dash tabasco
Grating orange rind
¼ teaspoonful Worcestershire
Few grains curry powder

Wash the clams thoroughly. Cut the carpels from the grapefruit and separate into four pieces each. Put the ingredients together in a bowl, mix, cover and chill thoroughly. Serve in lemon or green pepper cups.

Scallop Cocktail

¾ teaspoonful chopped parsley
1 teaspoonful scraped onion
1 teaspoonful olive oil
10 drops tabasco sauce
1 teaspoonful Worcestershire
1½ cupfuls small scallops
6 green pepper or hollowed tomato cups
1 teaspoonful salt
1 teaspoonful French mustard
2 tablespoonfuls tarragon vinegar
½ cupful tomato catsup
1 tablespoonful grated horseradish

Cook the scallops for five minutes in salted boiling water. Drain, chill and halve them; mix together the balance of the ingredients, add the scallops and divide in six portions into the cups.

Tuna Fish Cocktail, in Orange Cups (Individual)

6 large flakes tuna fish
¼ tablespoonful lemon juice
½ teaspoonful grated horseradish
1 drop tabasco
½ tablespoonful grapefruit juice
Grated orange rind
Few grains celery salt

Mix the sauce ingredients together; scoop out halves of small oranges, line with fringed wax paper, pour in the sauce and add the tuna fish; place individually on doily-covered plate; surround with tiny parsley sprigs, and sprinkle with minced parsley. Use the orange pulp for a shortcake or orange jelly.

Sardines, Italian Style

For each serving allow:

1 canned pimento
¼ of a shredded green pepper
2 sardines
1 slice lemon

Lay the pimento on a small plate, place the 2 sardines upon it, sprinkle with the pepper, and top with the lemon slice, covered lightly with minced parsley. Pass olive oil to use with the lemon.

Tuna Fish-Balls

¾ cupful tuna fish, pounded
1 tablespoonful finely minced chow chow
½ tablespoonful lemon juice
1 tablespoonful minced capers
Stiff mayonnaise
Powdered parsley

Mix together the first five ingredients with enough mayonnaise to make them adherent; form into small balls and roll in the parsley. Use as an *hors-d'œuvre.*

Calla Lillies

Cut canned pimentoes in halves and prepare pointed pistil-like forms of cream cheese moistened with French dressing and highly seasoned with salt, pepper and Worcestershire sauce. Roll these in the pimento pieces and chill before serving.

Sardine Celery Sticks

Select tender celery; trim the ends square and fill the grooves with sardine paste made according to the proportions given for making tuna fish-balls; only substituting sardines for the tuna fish. Chill and cut in two-inch strips.

VEGETABLE COCKTAILS

Cucumber Cocktail (Individual)

2 tablespoonfuls chopped cucumber
1 teaspoonful grated horseradish
1 tablespoonful minced celery
1 teaspoonful minced chives
1 teaspoonful minced radishes

Put together with a little strong celery stock, a dash of salt and pepper, and mayonnaise, or sour cream salad dressing to moisten. Chill for an hour.

Grapefruit and Tomato Cocktail

2 tablespoonfuls chopped tomato
1 tablespoonful shredded grapefruit pulp
½ tablespoonful lemon juice
Dash of salt and pepper
1 teaspoonful olive oil
2 teaspoonfuls minced green peppers
Grapefruit juice and mayonnaise to moisten thoroughly

Combine and serve.

Aspic Cocktail

2 tablespoonfuls minced tomato
1 tablespoonful minced celery
1 tablespoonful aspic jelly cut in bits
½ teaspoonful pickled chives
Few drops tabasco sauce
French dressing and mayonnaise to moisten thoroughly

Combine and serve.

CHAPTER IX

SOUPS

ALL MEASUREMENTS ARE LEVEL

CREAM SOUPS

The making of a cream soup may be an arduous task, or but the work of a few moments. If one starts every time with raw materials, cream soups will be events, rather than everyday occurrences. But it is, after all, but a step from white sauce to cream soup. The latter is made up of a combination of white sauce, with half the quantity of vegetable purée, that is, sifted, cooked vegetable pulp, plus a little of the vegetable liquid, water, or soup stock. Occasionally, cream soups are made which contain finely minced veal, chicken, cooked chestnuts, or fish, instead of a vegetable.

There is no greater aid to forehandedness in the kitchen than to cook part of the food one day for the next; in preparing vegetables, for instance, enough may always be prepared so that there will be some on hand for a cream soup for the next day's luncheon. Nearly all vegetables, even pumpkin and squash, may be used in this way. Some of the liquor in which they are cooked should always be reserved, if possible. But if it is not, a little water may be added, together with the desired seasonings, and the whole sifted and combined with the right amount of cream sauce, made in the proportion of one tablespoonful of butter, one tablespoonful of flour, one-third teaspoonful of salt, one-eighth teaspoonful of pepper, and one cupful of milk.

The usual allowance of soup for each person is a scant three-fourth's cupful. With this general proportion it is an easy matter to calculate the amount needed for any number of people. In many cases the left-over vegetables will be improved by twenty minutes further cooking in water or their own liquor, since in order to make really good cream soup they must be so soft that they will pass easily through a sieve. However, in making cream of asparagus, or celery soup, very little of the pulp can be rubbed through, as it is so fibrous. In many cases it is possible to prepare the vegetable stock for a cream soup two days before it is to be used, provided, of course, that there is a cool place in which to keep it. There may be on hand the tips from a bunch of celery, the outer leaves from a head of lettuce, or the tough ends from a bunch of asparagus. Any one of these will form the vegetable foundation for a cream soup, but possibly this will not fit into the next day's menu. In this case they should be cooked until tender, a little salt added to the liquor, strained, poured into a glass jar, covered and used later. Many a valuable bit of food is given to the chickens, or finds its way into the garbage can, just because one fails to look ahead.

Properly speaking, cream soups should always contain sifted vegetables, meats or fish, but they are more " filling," if occasionally the vegetable is chopped fine, or put through the food chopper, and allowed to remain in the soup, as with onions, watercress, green corn, or spinach. This should not be done, however, if the soup is to be the first course of a well-conducted meal, while peas and lima beans must always be sifted, as, otherwise, the flavor will not be propery distributed. Corn starch or arrowroot, as well as tapioca, may be used to thicken cream soups, although flour gives the most satisfactory flavor. In using the two former, the same method in making the white sauce may be followed as with the flour, but if tapioca is used it should be allowed to cook in a double boiler with the milk until clear, the length of time depending upon whether the old-fashioned pearl or quick-cooking tapioca is used. The proper proportion is one tablespoonful of pearl tapioca or one-half tablespoonful of quick tapioca to each cupful of soup. In case it is advisable to enrich the soup, it may be poured upon beaten egg yolks, or slightly-beaten eggs. If these are to act as thickening agents the soup should be placed in a double boiler, returned to the heat, and stirred for two or three minutes. In using canned vegetables for soup-making the liquor should be discarded, whenever possible, as this may impart a "canned" taste to the soup, but it should be replaced by the same amount of water. If the milk is a little old, also in case of tomatoes and asparagus, a few grains of baking soda should be added to the cooked vegetables before combining with the white sauce. A small amount of cream, or undiluted evaporated milk, may be added for richness. Croutons, toasted crackers, hot, buttered toast-sticks of either graham or white bread, heated whole wheat or oatmeal crackers and pulled bread are all suitable accompaniments to a cream soup. Occasionally it is advisable to add a little extra fat to the menu, and this may be done in the form of a whipped cream garnish for the soup.

PURÉES AND BISQUES

Purées, properly speaking, are made from heavy vegetables, like dried beans, dried peas, and, occasionally, from potatoes and chestnuts. The vegetables must be simmered in water or stock until tender. In case of dried beans or peas this will take from four to five hours. The pulp is then sifted and returned to the liquor, and the whole is thickened with butter, oleomargarine, drippings or other fat and flour, which have been creamed together. The purée, before thickening, should be almost as thick again as a cream soup, therefore it is necessary to add but little thickening.

In making bisques the fish should be cooked in water or stock from twenty to thirty minutes; if oysters or clams are used they should be cooked in their own liquor for three minutes; the seasoning should then be added, the right amount of hot stock or milk combined with the fish, and the whole should be thickened with butter or other fat and flour rubbed together. A few crackers or dry bread crumbs may be added to bisques for thickening if desired.

CLEAR SOUPS

Any dinner is greatly improved by the addition of a hot, clear soup, plain or containing a little spaghetti, rice, or a few mixed vegetables, or even left-over shredded lettuce leaves, or finely-shredded cabbage.

The best type of soup to use as a stimulant is one of those which has a meat-stock foundation. However, these soups must not be confused in food value with heavy chowders or cream soups, and should be classed as accessories instead of foods. Many people object to these soups on the ground that "they are just so much water," while, as a matter of fact, they are stimulating, and if well-seasoned become indispensable. The foundation of them is a soup stock, and whereas this can be made from soup bones, a little meat and a few vegetables, it can also be made from scraps which accumulate about the house and which can be put into the stock-pot.

When the weather grows warmer, it is inadvisable to keep a stock-pot going unless one has a cool place in which to store the stock, and unless the family is large, for stock made from a mixture of foods should not be kept more than two days. Of course, if there are some chicken bones on hand, the trimmings and bones from lamb chops, or other scraps of meat and bone, they may be combined with a little onion, some celery tips or seed, some mixed whole spice, and made into soup-stock to be used within a short time, but, barring this, the housekeeper with a small family must rely upon meat extracts, or bouillon cubes, with a well-made white or brown soup stock for occasional use.

If carefully seasoned, the meat used in making stock may be used in *rechaufées* or salads. The desired vegetables should be added from day to day, for if they are added when the stock is first made, it will not keep well. Add the vegetables raw or cooked, or the combination of vegetables to be served in the soup, to one-fourth as much water as there is to be soup. If it happens to be raw cabbage, it should be rapidly boiled for ten minutes; if raw celery, onions, green pepper, or carrots, thirty-five minutes, the water being replenished as fast as it boils away. Extra seasoning may be added in the shape of a little mixed-pickle spice tied in a cloth or put in an aluminum tea-ball, so it may be easily removed, or bay leaf, some celery salt, and so on as may seem advisable. This may be added to the heated stock.

If beef extract or bouillon cubes are to be used, the vegetables should be added to as much water as there is to be soup. When cooked, the extract or cubes should be added. By using the water in which the vegetables are boiled all the minerals are saved. The necessary amount of beef extract varies according to the brand. The correct proportion of bouillon cubes is one to each cupful of water. By this method soups of many different flavors may be made from one kind of stock, or from prepared meat extracts or bouillon cubes.

At the same time, many left-overs may be utilized. Soups of this nature should be served mainly as a fillip to the appetite and an aid to the digestion, for they have little actual food value. They do, however, gently stimulate the digestive juices.

Directions for Starting the Stock-Pot

The term "stock-pot," unfortunately, is little understood in America, but it really means that the soup kettle becomes the clearing house for all available savory scraps which may accumulate in any household. These include not only bones, meat scraps, bits of vegetables, left-over cereals, rice, celery-tips, turnip tops, stray lettuce leaves and the like, but also the parings from various well-scrubbed vegetables, as onions, carrots, potatoes and the like, an occasional lemon rind, etc. On first thought it may seem that the stock-pot is a rather unsavory adjunct and many a housewife may sniff in disgust at the thought of vegetable parings in her soup. However, the skins of vegetables contain a large part of the mineral matter needed to assist in many bodily functions. When this is discarded in the paring, just so much nutrition is lost, but when parings from well-scrubbed vegetables are put in the stock-pot, another step toward better health is taken.

The ideal stock-pot is light in weight, preferably of aluminum, and should have a tight-fitting cover, for every whiff of odor that escapes means loss of nutrition and savor. To begin stock-making purchase a soup bone and a pound of beef. Crack the bone, cut the meat in cubes and brown it, and add two quarts and a half of cold water. Bring slowly to boiling point, and then add a chopped carrot, skin and all, two onions, chopped, and the peeling, two bay leaves, a few celery tops and a teaspoonful of mixed pickle spice. Add to this, when half done, salt and pepper to taste. Simmer four hours, then strain; cool uncovered, then cover and remove the fat the following day, when it may be clarified. The stock is then ready for use in making sauces, gravies, meat-flavored dishes, etc., and is an excellent foundation for any kind of soup. Bits of left-over vegetables, or rice, macaroni, celery, onion salt, etc., may be used to vary it from day to day.

The stock-pot should not be kept constantly simmering on top of the stove, as is popularly supposed, but should be thoroughly scalded and aired every day. The next morning, any remaining stock, together with the accumulation of the previous day's foods, should be put in the stock-pot, together with enough cold water to make the amount about two quarts, and additional vegetables, or peelings from scrubbed vegetables, and seasonings as may seem necessary. Water from boiled vegetables, or from boiled rice, potatoes or macaroni may be added. This should be simmered for at least two hours, then strained, cooled, and the fat removed. It may also be cleared if desired.

To Clear Soup Stock

To clear soup stock, add to each quart of stock the crushed shells of three eggs; mix thoroughly and heat to boiling point, stirring all the time. As the liquid becomes heated the egg coagulates and collects the fine particles floating in the stock. Let it boil vigorously for five minutes, add a little cold water, as for coffee, let it cool slightly, skim and strain through a cheesecloth spread over a colander.

To this soup stock various vegetables may be added, such as carrots, turnips cut in narrow strips, whole string beans, canned peas, chopped cabbage, small sections of cauliflower, etc., or it may contain rice, barley or tapioca, any one of which may be cooked in the liquor, thickening it slightly. However, when many vegetables or much cereal is added, the soup ceases to be merely an accessory, and becomes a food, although at the same time it does not lose its stimulating qualities.

CLEAR SOUPS AND SOUP STOCK

Beef Bouillon

3 pounds lower round of beef
1 sprig parsley
¼ cupful minced celery, or
1 teaspoonful celery salt
1 bay leaf
3 cloves
3 quarts cold water
1 onion, minced
1 small carrot, minced
5 peppercorns
1 tablespoonful salt

Cut the meat in inch pieces, and let stand in cold water for an hour. Cover, bring slowly to boiling point and remove any scum that may arise. Let simmer for three hours, then add the vegetables, spices and seasonings and simmer an hour longer, replenishing the water as necessary to keep the quantity about two quarts. Strain, cool, remove the fat, and clear the bouillon, as directed.

Consommé

3 pounds lower round beef
¾ pound marrow bone
1 quart chicken stock
2 pounds knuckle of veal
¼ cupful diced carrots
¼ cupful shredded celery tips
¼ cupful diced turnips
1 sprig each marjoram and thyme, if convenient
⅓ cupful sliced onion with peel
3 quarts cold water
1 tablespoonful salt
½ teaspoonful peppercorns
3 cloves
2 sprigs parsley
Bit of bay leaf

Cut the beef in cubes; brown half of it in the marrow. Put the balance in cold water; add the veal cut in pieces, the bones cracked, and the browned meat, and let stand an hour. Heat slowly to boiling point, and simmer three hours, removing the scum as necessary. Then add the vegetables, seasonings and chicken stock and cook one and one-half hours longer, very slowly. Strain, cool, remove the fat and clear, as directed above.

Brown Soup Stock

5 pounds shin or shank of beef
4 quarts cold water
1 teaspoonful peppercorns
5 cloves
½ bay leaf
1 sprig each summer savory and marjoram, if convenient
½ teaspoonful celery seed, or
2 stalks minced celery
⅓ cupful diced carrots
⅓ cupful sliced onion
⅓ cupful diced turnips
1 tablespoonful salt
2 tablespoonfuls beef drippings

Cut the meat from the bone and brown it in the beef drippings. Crack the bone, add to the water, with the meat, and bring slowly to boiling point. Simmer about four hours, removing the scum as necessary, as fast as it rises. Then add the vegetables and seasonings and simmer an hour longer. Strain, cool, remove the fat and clear as directed above.

White Soup Stock

4 pounds knuckle of veal or 1 large fowl
1 tablespoonful salt
1 onion
Blade of mace
2 quarts cold water
½ teaspoonful peppercorns
2 stalks celery

Cut the meat in small pieces; put the meat, bone, and water together, and heat gradually to boiling point, skimming often. Add the seasonings midway of the cooking. Simmer four or five hours; replenish the water as it evaporates. Strain and cool; if the scum has been carefully removed and the soup is strained through a double thickness of cheesecloth, the stock will be quite clear. For transparent stock, however, clear as directed.

Vegetable Soup Stock

1 carrot
1 medium-sized onion
Outside stalks and leaves of a head of celery
1 cupful canned tomato
1 teaspoonful salt
Few grains cayenne
2 turnips
½ tablespoonful sugar
4 tablespoonfuls olive oil
2 quarts cold water
1 apple, cored but not pared
1 cupful chopped cabbage, (optional)

Wash the vegetables thoroughly. Chop the carrot and turnip fine, peeling and all. Chop the celery, and slice the onion, but do not remove the peel. Core the apple and cut it in pieces. Then caramelize the sugar a dark brown, add to it the oil and the carrot, celery, onion and turnip, and cook till slightly browned, shaking occasionally. Then add the water, tomato, apple and seasonings and simmer one hour, well covered. Strain, cool and clear if desired.

Tomato Bouillon

1 pint boiling water
2 tablespoonfuls minced onion
2 tablespoonfuls minced carrot
1 teaspoonful salt

⅛ teaspoonful pepper
¼ teaspoonful Worcestershire
2 cupfuls canned tomato
Bit of bay leaf
4 cupfuls boiling water
2 teaspoonfuls beef extract, or 1 quart beef stock

Combine the pint of boiling water, onion, carrot and tomato and simmer, uncovered, twenty minutes. Dissolve the extract in the quart of boiling water, add to the tomato mixture, season and put through a fine strainer. To make the bouillon very clear, strain through cheesecloth.

Celery Bouillon

1 3-pound knuckle of veal
1 tablespoonful salt
1 onion
Outer stalks head celery
2 quarts cold water
½ teaspoonful peppercorns
Bit of bay leaf

Wipe the meat and cut it in small pieces. Put the meat, bone, water, seasonings (except the salt), and the celery, chopped (leaves and all), in the soup kettle, and bring gradually to boiling point. Simmer four hours, replenishing the water as it evaporates. Add the salt after two hours' cooking. Strain and let stand until the fat can be removed. Then clear as usual, re-heat and add a spoonful of cooked, diced celery to each serving.

COLD SOUPS

Jellied Canned Consommé

Dilute the consommé as directed on the can, using three-fourths the quantity of cold water. Take the remaining amount of water needed, and add to it one tablespoonful of granulated gelatine to each pint of consommé. Let this stand until softened, dissolve it over steam, and stir it into the cold consommé. Pour into a shallow pan rubbed lightly with olive oil and let stand until solidified; cut in cubes for serving. If desired, a little lemon juice may be added before the consommé solidifies.

Jellied Chicken Bouillon

5 cupfuls well-seasoned chicken broth
2 tablespoonfuls granulated gelatine
½ cupful cold water
Few slices lemon rind

Skim the fat absolutely from the broth and clear it as directed. Add the lemon rind to the broth, and bring gradually to boiling point. Add the gelatine dissolved in the cold water and strain through a cloth wrung out of cold water into a shallow pan rubbed lightly with olive oil. Let stiffen, cut in cubes and serve in bouillon cups.

Iced Veal Bouillon

5 cupfuls well-seasoned veal stock
5 tablespoonfuls quick-cooking tapioca
½ cupful cold water
Few slices lemon rind

Skim the fat absolutely from the stock. If necessary, clear it as directed. Then add the tapioca and lemon rind, and cook gently until former is clear. Remove the rind, season the bouillon, if necessary, and pour into a pan rubbed lightly with olive oil. Let stiffen, cut into cubes, and serve piled in bouillon cups.

SUBSTANTIAL STOCK SOUPS

Baked Bean Soup

2 cupfuls cold baked beans
½ can tomatoes
1 onion, sliced
5 cupfuls stock or water
½ tablespoonful sugar
3 tablespoonfuls flour
2 tablespoonfuls butter or beef drippings

Put the beans, tomato, onion and water together, and simmer until soft. Thicken with the flour and fat creamed together, rub all through a sieve, add the sugar, season to taste and serve with croutons.

White Bean Soup

1 cupful white pea beans
1 quart any meat stock
1 onion, diced
½ carrot, diced
Bit bay leaf
Salt and pepper
4 tablespoonfuls flour
2 tablespoonfuls butter, bacon, ham, or sausage fat

Soak the beans over night, then rinse and boil up quickly in water containing a little soda. Rinse again, and stew slowly till soft in 2 quarts of water, adding 1 teaspoonful salt and a bay leaf, the onion and the carrot. Sift through a coarse sieve into the meat stock, re-heat, thicken with the flour and fat rubbed together, season more highly if necessary, and serve with croutons or hot crackers.

Tomato Stock Soup

- 4 cupfuls brown soup stock
- 2 cupfuls canned tomatoes
- ½ teaspoonful peppercorns
- Bit of bay leaf
- 2 cloves
- 2 tablespoonfuls butter or drippings
- ⅓ cupful flour
- 2 tablespoonfuls onion, diced
- 2 tablespoonfuls carrot, diced
- 2 tablespoonfuls celery, diced
- Salt and pepper to taste

Cook the onion, carrot and celery in the fat for five minutes; add the flour, peppercorns, bay leaf and cloves, and cook three minutes. Then add the tomato, cover and simmer three-quarters of an hour. Add the stock, heated, and season with salt and pepper to taste.

Swedish Cabbage Soup

- 1 pint finely chopped cabbage
- Bit of bay leaf
- Few grains mace
- 1 quart veal stock
- Salt and pepper
- 2 tablespoonfuls drippings
- A few bits of veal
- ½ cupful chopped celery, if convenient, or
- ¼ teaspoonful celery seed
- 1 tablespoonful minced carrot
- 1 tablespoonful minced onion

Melt the drippings. Cook the vegetables in them for a few minutes, then add the stock and bay leaf. Simmer for twenty-five minutes, replenishing the stock as needed; season to taste with salt, pepper and mace, and serve with the vegetables in it. The bits of veal may be omitted if desired.

Mock Turtle Soup (Old Virginian)

- ½ calf's head, scraped and cleaned
- 1 pound round steak
- 1 pound neck mutton
- 1 small onion
- 2 tablespoonfuls chopped carrot
- 2 tablespoonfuls chopped turnip
- 2 tablespoonfuls chopped celery
- 1 tablespoonful lemon juice
- 4 tablespoonfuls butter
- 3 hard-cooked eggs
- 1 inch stick cinnamon
- 1 blade mace
- 5 cloves
- 10 peppercorns
- 1 bay leaf
- 1 sprig parsley
- 1 tablespoonful walnut catsup
- 1 tablespoonful tomato catsup
- ½ cupful flour
- Salt and pepper to taste

Wash, scrape and clean a calf's head. Split it in halves, using the extra half for some other dish. Soak it two hours in cold water, then boil gently for an hour in three quarts of water. Separate the meat from the bones; cut the beef and mutton in cubes and fry the meat and vegetables in ¼ cupful beef drippings till browned. Combine with the stock, adding water to make about three quarts, and put in the spices. Simmer gently four or five hours, then strain and cool. Remove the fat, heat and thicken with the butter and flour cooked together; add the catsups, salt and pepper to taste, and serve with the hard-cooked eggs, chopped, and forcemeat balls.

Clear Vegetable Soup

1 quart clear brown soup stock
¼ cupful carrots, cut in narrow strips
¼ cupful turnips, cut in narrow strips
¼ cupful canned peas
2 tablespoonfuls string beans (whole)
1 tablespoonful narrow strips of onion

Cook the vegetables in boiling salted water, simmering them down until only a little liquid remains. Add them, liquid and all, to the soup stock, and heat to boiling point before serving.

Italian Soup

1 quart meat stock
1 pint canned tomato
1 cupful cooked lima beans
¼ cupful raw uncoated rice
½ cupful carrot straws
¼ cupful onion, chopped
½ cupful cooked cabbage
Salt and pepper

Cook the rice in the stock and tomato till tender. Add the remaining ingredients, season and serve with or without Parmesan cheese.

Chestnut Soup

1 pint Italian or American chestnuts
1 pint water
½ teaspoonful salt
½ teaspoonful sugar caramelized
A little lemon rind
1 quart veal stock
2 tablespoonfuls flour
2 tablespoonfuls butter or oleomargarine
1 tablespoonful minced parsley
Salt, pepper and mace to taste

Blanch the chestnuts, peel and chop them; then add to the water the lemon rind, salt and sugar, and cook until tender, replenishing the water as needed. Then sift, add to the stock, thicken with the flour and butter creamed together, season and sprinkle each serving with a little of the parsley.

CREAM SOUPS WITH STOCK

Cream of Chicken Soup

4 cupfuls chicken stock—well-seasoned
2 cupfuls milk
2 tablespoonfuls flour
1 egg yolk—optional
2 tablespoonfuls butter or oleomargarine
2 tablespoonfuls pearl or 1 tablespoonful quick-cooking tapioca
Salt and pepper
Few grains mace

Soak pearl tapioca over night, if used. Drain; put the soup stock in a double boiler top and when hot add the tapioca (either kind), and cook till clear. Make a white sauce of the fat, flour and milk. Combine the mixtures, season and pour onto the beaten egg yolk. Return to the heat for two minutes to cook the egg, but do not let it boil.

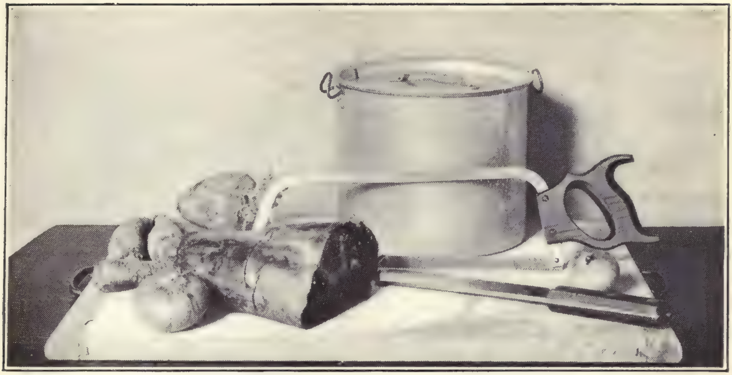
Cream of Celery Soup

4 cupfuls celery leaves and tips
1 cupful diced celery
4 cupfuls white stock
1 cupful light cream (or undiluted evaporated milk)
2 egg yolks (optional)
1 slice onion
Bit of bay leaf
3½ tablespoonfuls flour
2½ tablespoonfuls butter or oleomargarine
Sprig parsley

Simmer the celery leaves, tips and seasonings in the white stock for forty-five minutes. Cook the diced celery till tender in 2 cupfuls water. Drain the celery, adding the liquor to the stock. Thicken with the flour and fat rubbed together, add the cream, strain, season to taste, add the celery and re-heat. Pour onto the beaten egg yolks, if used, and serve at once.

Cream of Cress Soup

2 bunches of watercress, or 1 quart chopped cress
½ tablespoonful minced onion
3 tablespoonfuls uncoated rice
3 tablespoonfuls butter or oleomargarine
Few grains pepper
1 egg yolk (optional)
Tips of cress
4 cupfuls white stock



MAKING SOUP STOCK

LAMB CHOPS; RIB CHOPS; FRENCH CHOPS; LOIN CHOPS; BREADED LOIN CHOPS

1 cupful cream or rich milk
½ teaspoonful salt
Few grains nutmeg
¼ teaspoonful Worcestershire sauce
Whipped cream (optional)

Pick off the tips of the cress for garnishing. Chop the balance, stems and all, fine. Fry the onion in the fat till softened. Add the stock, cress and rice and simmer closely covered until the rice is soft. Rub through a sieve. There should be three cupfuls of soup. Mix together the egg, if used, and the cream, add to the soup, season, re-heat and bring slowly to boiling point, stirring constantly. Do not let it boil. Serve at once.

Thick Cauliflower Soup

1 cauliflower
1 quart veal or chicken stock
2 tablespoonfuls minced onion
1 stalk celery, or
½ teaspoonful celery seed
1 teaspoonful sugar
Drop dumplings
1 pint milk
Salt and pepper
3 tablespoonfuls butter or oleomargarine
3 tablespoonfuls flour
Bit of bay leaf

Stew the cauliflower for twenty-five minutes, then break it in pieces, chop it, or rub it through a coarse colander, reserving a pint of tiny flowerets. Melt the fat, add the onion and celery, chopped, and the bay leaf and cook slowly for ten minutes; then remove the "bay," add the flour and stock and the cauliflower and sugar; then turn in the milk, season to taste with salt and pepper, and drop in the dumplings. Cook for ten minutes longer, then serve. This is substantial enough for a supper dish.

Soup à la Crècy

1 cupful sifted, cooked carrot pulp
3 cupfuls white soup stock
1 cupful cream or milk
1 tablespoonful flour
½ teaspoonful salt, or more as desired
Few grains mace
2 tablespoonfuls butter or drippings
1 slice onion
1 bay leaf
1 tablespoonful catsup
⅛ teaspoonful pepper
Stalk celery

Cut the carrots in dice, cook till soft and put through a potato ricer. Cook the onion, celery and bay leaf in the stock for twenty minutes. Rub together the flour and butter, add to the stock and let it boil up. Add the carrot pulp and seasonings, and stir in the cream and strain. An egg yolk, slightly beaten, may be added with the cream, if desired.

Onion Soup

¼ cupful carrot, diced
1 stalk celery
8 tablespoonfuls butter or oleomargarine
1 tablespoonful flour
2 branches parsley
Toasted croutons
1½ quarts white stock
1 cupful rich milk or light cream
1 egg yolk (optional)
Parmesan cheese
1 cupful sliced onion
Salt and pepper to taste

Cook the carrot, celery, parsley and onion in the butter until softened, then add the flour and stock and simmer for twenty minutes. Heat the cream, combined with the egg yolk (if used), add to the soup and cook for two minutes, stirring vigorously. Strain and serve with the croutons buttered lightly, and sprinkle with Parmesan cheese.

Cream of Veal Soup

3 cupfuls veal stock (well seasoned)
1½ cupfuls rich milk
2 tablespoonfuls quick-cooking tapioca
1 egg yolk (optional)
2 tablespoonfuls flour
2 tablespoonfuls butter or drippings
Salt and pepper to taste

Add the tapioca to the veal stock, well seasoned, and cook until clear. Make a sauce of the butter, flour and milk, add to the soup, season to taste, then pour onto the egg yolk, slightly beaten, if used. Return to the heat and stir for two minutes, but do not let it boil.

Cream of Lettuce Soup

Outer leaves 2 heads lettuce
½ tablespoonful minced onion
3 tablespoonfuls uncoated rice
3 tablespoonfuls butter or oleomargarine
Few grains pepper
1 egg yolk (optional)
3 cupfuls white stock
1 cupful milk or cream
½ teaspoonful salt
Few grains nutmeg

Sauté (fry) the onion in the butter till soft; add the stock, lettuce (shredded) and rice, and simmer until the latter is soft. As the liquid from the stock will evaporate, add water to make it three cupfuls. Add the milk or cream, and rub through a sieve onto the beaten egg yolk, if used. Season, return to kettle and re-heat, but do not boil. Serve with crisped crackers.

Cream of Mushroom Soup

1 cupful dried mushrooms, soaked in 1 pint cold water
2 tablespoonfuls minced onion
¼ cupful butter
4 cupfuls milk or white stock
2 egg yolks (optional)
Salt and pepper to taste
2 tablespoonfuls flour creamed with
1 tablespoonful butter
1 cupful cream or evaporated milk
Few grains nutmeg

Soak the mushrooms over night in cold water. Drain, but reserve the liquor. Chop the mushrooms, add the onion and sauté (fry) in the butter till softened. Add the mushroom liquor, and simmer until soft. Make a sauce of the milk and the 2 tablespoonfuls of flour creamed with the butter. Combine with the mushroom liquor, strain, and add the cream, heated and combined with the egg yolks, if used. Season and serve without boiling.

Cucumber Soup

3 large cucumbers
3 tablespoonfuls butter or oleomargarine
½ teaspoonful onion juice
3 tablespoonfuls flour
⅛ teaspoonful mace
1 egg yolk (optional)
1 cupful milk
3 cupfuls veal or chicken stock
¾ teaspoonful salt
⅛ teaspoonful pepper
½ cupful light cream

Peel and slice the cucumbers, fry in the butter for ten minutes, add the flour and cook three minutes; then, gradually, add the stock and milk, allowing it to boil up thoroughly. Rub through a sieve, re-heat, season, and add the cream scalded. Beat the egg yolk light, transfer to a tureen, and pour the soup into it.

CREAM SOUPS WITHOUT STOCK

Tomato Bisque

2 cupfuls canned tomatoes
2 teaspoonfuls sugar
¼ teaspoonful soda
4 cupfuls milk
2 tablespoonfuls butter or bacon drippings
1 slice onion
3 tablespoonfuls flour
1 teaspoonful salt
⅛ teaspoonful pepper

Scald the milk with the onion. Cook the tomato with the sugar fifteen minutes. Melt the fat, add the flour, and then the milk, gradually, boiling it up once. Add the soda to the tomatoes, rub through a sieve, combine the mixtures, add the seasonings, and serve without re-heating.

Cream of Spinach Soup

1 quart uncooked spinach or
1 cupful cooked spinach
Bit of bay leaf
1 cupful water, containing
¼ teaspoonful salt
1 tablespoonful butter
1 tablespoonful flour
2 cupfuls milk
½ teaspoonful salt
Few grains nutmeg
⅛ teaspoonful pepper

Wash the spinach and cook in the salted water with the bay leaf, till very soft, or simply add the cooked spinach to the water. Rub through a sieve. Make a white sauce of the butter, flour, milk and seasonings; combine the mixtures and serve garnished with whipped cream if desired.

Split Pea Soup

1½ cupfuls split peas
2 quarts cold water
½ tablespoonful sugar
1 pint milk
½ onion, minced
Few celery leaves
3 tablespoonfuls bacon, beef or ham drippings
3 tablespoonfuls flour
Salt and pepper to taste

Soak the peas over night in water to cover; drain, add to the cold water with the sugar, onion and celery leaves, and cook slowly until the peas are perfectly soft; add the milk, thicken with the fat and flour mixed together, and rub through a sieve. Re-heat, season and serve with buttered toast.

Lentil Soup

½ cupful dried lentils
1 small onion, chopped
A few dried celery leaves if convenient
2 teaspoonfuls sugar
2 cupfuls milk
3 pints water
3 tablespoonfuls flour
3 tablespoonfuls drippings or bacon fat
Salt and pepper to taste

Soak the lentils over night in cold water to cover. Wash, drain and simmer till soft in the water, about two hours, adding more water as it evaporates to keep it always that amount. Combine the onion and celery and fry in the drippings. Add to the lentils and cook half an hour longer. Mix the sugar and flour together, stir in cold water to make a paste and add to the lentils. Let boil, add the milk, heated, season with salt and pepper, rub through a sieve and serve.

Cream of Asparagus Soup

2 bunches asparagus or 1 can asparagus
2 tablespoonfuls butter
5 tablespoonfuls flour
1 quart boiling water
1 cupful hot cream or evaporated milk
2 cupfuls hot milk
1 teaspoonful salt
Few grains nutmeg
2 egg yolks (optional)

Remove the tips from the asparagus, and cook the stalks in the boiling water till soft, about thirty minutes. Make a white sauce of the butter, flour and milk, and add the seasonings to it. Combine the two and strain, sifting through the asparagus pulp. Beat the egg yolks, if used, and add to them the hot cream, then pour into the soup mixture, and let stand till hot, stirring constantly. Use the tips for salad or serve them in the soup as a substantial dish.

Cream of Celery Soup (Without Stock)

4 cupfuls celery leaves and tips
1 pint milk
1 pint water
Sprig parsley
1 slice onion
Bit of bay leaf
3 tablespoonfuls flour
2½ tablespoonfuls butter or oleomargarine

Put the celery, parsley, bay leaf and onion on to cook in the water, simmering until tender, and adding water as it evaporates to keep it always one pint. Drain and add the milk. Then rub the butter and flour together and thicken the soup. Let boil up and serve with croutons and a tablespoonful of grated cheese to each serving if desirable.

Rich Cream of Celery Soup

Tips and coarse stalks from a head of celery
1 quart cold water
1 slice lemon
Bit of bay leaf
1 pint rich milk
1 egg
½ cupful cooked brown rice
Salt and pepper to taste

Cook the celery, onions and bay leaf in the water for an hour. There should be one pint of celery stock. Add the milk, boil up, strain, turn in the rice and let simmer five minutes, then turn onto the egg, slightly-beaten, and let stand two minutes, stirring constantly. A half cupful of cooked celery cubes may be added, if desired.

Cream of Green Pea Soup

1 can peas
2 teaspoonfuls sugar
2 cupfuls cold water
2 cupfuls milk
½ teaspoonful onion juice
2 tablespoonfuls butter or oleomargarine
2 tablespoonfuls flour
1 teaspoonful salt
⅛ teaspoonful pepper

Drain the peas from the liquor, add the sugar and cold water and simmer twenty minutes. Rub through a sieve, re-heat and thicken with the flour and butter creamed together. In the meantime, scald the milk, season, add the onion juice and combine.

Pumpkin or Squash Cream Soup

4 cupfuls milk
2 cupfuls boiling water
¼ cupful chopped celery
¼ teaspoonful paprika
1½ cupfuls sifted pumpkin or squash pulp
2 tablespoonfuls minced onion
4 tablespoonfuls flour
4 tablespoonfuls butter or oleomargarine
1¼ teaspoonfuls salt
Whipped cream (if desired)
Minced parsley

Heat the milk in a double boiler, add the pumpkin, water, onion and celery and cook twenty minutes. Thicken with the flour and butter creamed together with the seasonings, and stir constantly until slightly thickened. Cook ten minutes, strain and serve. A garnish of whipped cream, sprinkled with parsley, may be used.

Cream of Oyster-Plant Soup

1 bunch oyster plant
1½ cupfuls boiling water
2 tablespoonfuls butter or bacon drippings
2 tablespoonfuls flour
Few grains mace
2 cupfuls scalded milk
½ cupful scalded cream or evaporated milk
2 egg yolks (optional)
¾ teaspoonful salt
⅛ teaspoonful pepper

Scrape the oyster plant, drop at once into water containing a little salt and a few drops of vinegar. Then drain, plunge into the boiling water, and let boil till tender. Rub through a sieve (there should be 2½ cupfuls) and then combine with the milk. Thicken with the flour and butter rubbed together, season, and pour onto the egg yolk, slightly beaten, if it is used. Add the cream, and re-heat.

Chives Soup

1 cupful chopped chives
Outer leaves 2 heads lettuce (shredded)
3 cloves
Bit bay leaf
3 tablespoonfuls uncoated rice
2 tablespoonfuls butter or drippings
½ teaspoonful salt
¼ teaspoonful pepper
Few grains nutmeg
1 pint milk

Melt the butter, add the chives and lettuce and cook till softened. Add the cloves, bay leaf, rice and water, and boil till the rice is very soft. There should then be a pint of liquid. Add the milk, salt, pepper and nutmeg, let boil up once, rub through a sieve and serve.

Cream of Potato Soup

3 large potatoes
4 cupfuls milk
1 small onion
1½ teaspoonfuls salt
⅛ teaspoonful pepper
2 tablespoonfuls flour
2 tablespoonfuls drippings or butter

Boil the potatoes till soft, and then drain and mash. Cook the onion in the milk. When the potatoes are mashed, add the scalded milk, and the salt and pepper. Rub it through a sieve. Melt the drippings, add the flour and a little of the soup. Add this to the soup and let boil up once.

Cream of Bean Soup

1 cupful pea beans
1 sprig parsley
1 slice onion
Bit bay leaf
2 tablespoonfuls flour
2 quarts water
1 pint milk
1½ teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls butter or bacon or ham drippings
¼ teaspoonful soda

Soak the beans over night, parboil, and then cook until tender, with the seasonings in the 2 quarts of water containing the soda. Rub through a sieve, add the milk, let boil up and thicken with the flour and fat rubbed together.

Cream of Corn Soup

⅛ teaspoonful soda
1 can corn
1 pint milk
Blade of mace
3 tablespoonfuls flour
Few grains pepper
1 pint boiling water
1 slice onion
2 tablespoonfuls drippings or butter
1½ teaspoonfuls salt
½ teaspoonful sugar

Make a white sauce of the fat, flour, seasonings and milk. Chop the onion, add the corn and water and simmer twenty minutes. Rub through a sieve and combine with the white sauce. Serve very hot with toasted crackers or popped corn.

PURÉES

Black Bean Purée

1½ cupfuls black beans
Small piece ham (about a half pound)
4 tablespoonfuls minced onion
2 stalks celery, or a
Few dried celery leaves
4 tablespoonfuls bacon or ham fat
2 hard-cooked eggs
3 cloves
1½ teaspoonfuls salt
¼ teaspoonful pepper
1 teaspoonful mustard
1 teaspoonful lemon juice
3 tablespoonfuls flour

Soak the beans over night in water to cover. Drain, add 2 quarts of boiling water and ⅛ teaspoonful soda, and boil gently till tender, about four hours, adding the ham the last hour, with the celery, cloves and onion, which should be fried in half the bacon fat. Mix the other seasonings with the flour, rub with the remaining fat and thicken the soup mixture. Then press through a sieve, add the lemon juice and the hard-cooked egg, chopped fine, and serve with entire wheat or rye biscuits.

Peanut Purée

1 quart milk
1 cupful peanut butter, or pounded peanuts
1 bay leaf
½ teaspoonful salt
2 tablespoonfuls flour
1 teaspoonful celery seed
½ teaspoonful onion juice
¼ teaspoonful paprika
1 cupful cold milk (extra)

Cook the peanut butter, milk, bay leaf and seasonings in a double boiler top until boiling hot, and the peanuts are soft. Mix the flour and cold milk together thoroughly. Add to the soup; set over hot water and cook fifteen minutes. Strain and serve.

Lima Bean Purée

1½ cupfuls lima beans
1 quart boiling water
2 tablespoonfuls minced onion
2 tablespoonfuls minced carrot
½ tablespoonful minced pimento
Bit of bay leaf
¼ teaspoonful pepper
2 cupfuls milk
4 tablespoonfuls butter or bacon fat
⅓ cupful flour
1 cupful cream or rich milk
1½ teaspoonfuls salt
2 tablespoonfuls tomato catsup

Soak the beans over night, then drain, rinse and put on to cook with ¼ teaspoonful soda in the water. When half done, drain again, and put on to cook in 1 quart of water with the onion, carrot, pimento and bay leaf. When the beans are tender, remove one cupful; rub the balance through a sieve, make a sauce of the milk, bacon fat and the flour; combine the mixtures, season, add the cream and the whole beans and re-heat. Serve with buttered toast. There should be a quart of the purée after the beans are sifted through. If the amount is short, add water to make up the balance. If a thinner soup is desired, add an extra pint of water; in this case a pint of sliced, blanched potatoes are an addition.

Chestnut Purée

1 pint Italian or American chestnuts (blanched and shelled)
1 quart soup stock
1 pint rich milk
Sprig parsley
1 slice onion
3 tablespoonfuls butter
4 tablespoonfuls flour
Dash nutmeg
Salt and pepper
1 or 2 eggs

Boil the chestnuts till soft enough to sift. In the meantime scald the onion and parsley in the milk. Then remove; add the chestnuts to the soup stock which should preferably be chicken, and thicken with the butter and flour rubbed together. Beat the eggs light, add to the milk, combine the mixtures and let them come barely to boiling point. Season and serve immediately.

FISH BOUILLONS AND SOUPS

Cream of Oyster Soup

½ pint oysters
1 cupful minced celery leaves
1 slice onion
Bit of bay leaf
Few grains mace
2½ tablespoonfuls flour
1 pint cold water
1½ pints milk
½ teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls butter
½ cupful cooked celery

Wash the oysters thoroughly, then chop fine; add the celery leaves, onion, bay leaf and cold water and simmer gently for twenty minutes. Rub through a sieve, add the milk, scalded, and thickened with the flour and butter rubbed together, and let stand to blend for a few minutes, but do not boil. Season to taste, add the celery and serve at once.

Fish Bisque

2 cupfuls cooked white fish, (any kind), minced fine
1 tablespoonful butter or bacon drippings
1 tablespoonful Worcestershire sauce
1 pint hot milk
½ teaspoonful salt
1 teaspoonful chopped parsley
1 quart chicken stock
1 tablespoonful flour
½ cupful cracker or fine dry bread crumbs

Make a sauce of the butter, flour, milk and seasonings; add the fish and crumbs; combine with the stock, boil up once and serve.

Oyster Bouillon

1 quart oysters
1 quart water
A few celery leaves
A bit of mace
Salt and pepper to taste
Whipped cream

Wash the oysters and chop them fine. Add the liquor, strained, and the other ingredients. Simmer for ten minutes; then strain through a double thickness of cheesecloth, and serve in cups garnished with a spoonful of whipped cream to each serving, and sprinkled with shredded pimento.

Clam Bouillon

½ peck clams
2½ cupfuls cold water
1 cupful whipped cream

Scrub the clams thoroughly, changing the water several times. Place in a kettle with the water, cover, and steam until the shells open. Strain through double cheesecloth, cool and clear, if desired. Serve very hot, with or without whipped cream.

Fish Broth or Court Bouillon

(For cooking trout or other delicate small fish)

1½ pounds any white fish
2 quarts cold water
2 tablespoonfuls minced onion
2 tablespoonfuls minced carrot
Salt and pepper to taste
½ teaspoonful celery salt
Bit of bay leaf
1 sprig parsley
3 cloves

Cut the fish in small pieces, add the other ingredients and let come to a boil. Skim, and simmer an hour and a half. Strain, season, and use as desired.

Cream of Salmon Soup

½ can salmon (1 cupful)
1 quart milk
2 tablespoonfuls flour
½ teaspoonful salt
2 tablespoonfuls butter or oleomargarine
¼ teaspoonful onion juice
2 teaspoonfuls minced parsley
⅛ teaspoonful pepper

Scald the salmon with boiling water. Put in a double boiler with the milk and cook until the latter is scalded. Rub together the flour, salt, butter and pepper. Stir into the milk mixture, and, when thickened, serve with croutons. Sprinkle each plateful with a little parsley before sending to the table, if convenient.

French Oyster Soup

1 pint oysters
1 pint cold water
Sliced onion
Stalk celery
Dash mace
3 cupfuls milk
2½ tablespoonfuls flour
2½ tablespoonfuls butter or oleomargarine
Salt and pepper to taste
2 egg yolks

Wash the oysters, chop fine, add the onion, celery and water and simmer twenty minutes. Scald the milk, and thicken with the butter and flour rubbed together. Add the oyster stock, straining out the oysters, then season with mace, and salt and pepper as needed, and pour onto the beaten egg yolks. Re-heat, but do not boil.

Cream of Scallop Soup

1 pint scallops
1 pint milk
3 tablespoonfuls flour
3 tablespoonfuls butter or drippings
1 tablespoonful minced onion
1 teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful lemon juice
½ cupful light cream or evaporated milk
1 pint cold water

Chop the scallops fine. Melt the butter, add the scallops and onion and cook till yellowed, then add the cold water, re-heat and simmer for twenty minutes. Mix the flour with a little of the milk, and add to the remainder, which should be scalded. When thick, combine the mixtures, heat the cream and add with the seasonings. Strain and serve. Omit the cream if desired.

Cream of Clam Soup

1 pint clams
1 pint cold water
1 pint milk
¼ teaspoonful onion juice
1 stalk celery
⅛ teaspoonful mace
4 tablespoonfuls butter
4 tablespoonfuls flour
Salt and pepper to taste
1 egg yolk (optional)

Wash the clams, discard the hard parts and chop the soft parts fine. Add cold water to them and simmer twenty minutes. Skim if necessary; scald the celery with the milk and make a white sauce of the butter, flour, milk and seasonings. Add this to the beaten egg yolk, if used, return to the heat to "set" like a soft custard, add to the clams, and serve without re-heating.

Corn and Oyster Soup

1 can corn
2 tablespoonfuls minced pimentoes
1 slice onion
2½ cupfuls water
½ teaspoonful salt
⅛ teaspoonful pepper
8 large oysters
2 cupfuls milk
2 tablespoonfuls butter
2 tablespoonfuls flour
Dash mace

Stew the corn, onion and water for twenty minutes. Make a sauce of the butter, flour and milk, and add the seasonings. Add the corn mixture, rub through a sieve, and add the pimentoes and oysters. The latter should be washed well, cut in quarters, and steamed till their edges curl.

Oyster Stew

1 quart of oysters
1 pint boiling water
1 teaspoonful salt
4 cupfuls milk
2½ tablespoonfuls butter
¼ teaspoonful pepper

Wash each oyster separately and put in a sieve; set this over a pan containing the boiling water, cover and steam until the edges curl. In the meantime scald the milk, heat the tureen and put the butter and pepper and salt in it; when the milk is scalded, turn it into the tureen; add the oysters and the water over which they have been steamed. Serve at once.

Celery and Oyster Stew

4 cupfuls celery leaves and coarse outer stalks
1 quart milk
1 pint water
1 slice onion
Few grains mace
¾ cupful cooked spaghetti
2½ tablespoonfuls butter
1 pint small oysters
1 cupful cooked diced celery
Salt and pepper to taste

Cook the onions and celery in the water, adding enough, as it evaporates, to keep it always a pint. Drain when tender, and add the milk and spaghetti. Clean the oysters and steam over the receptacle, in which the diced celery is being cooked, to conserve all the juices. (This amount of liquid should be very small.) Add the butter gradually to the milk mixture, season, turn in the celery and oysters and serve at once.

CHOWDERS

Salmon Chowder

1 can salmon
3 tablespoonfuls butter or drippings
½ teaspoonful salt
3 cupfuls milk
3 crackers, split
3 potatoes
2 slices onion
⅛ teaspoonful pepper
3 tablespoonfuls flour

Scald the salmon, remove the bone, and flake the flesh fine. Pare the potatoes and slice thin. Fry the onion in the fat, add the flour, and cook three minutes. Add 2 cupfuls of boiling water and the potatoes, and cook until tender, about fifteen minutes. Add the seasonings, the salmon and the milk. Boil up once and serve garnished with split crackers dipped in hot milk.

Corn Chowder

1 can corn
4 cupfuls potatoes, sliced
2 slices salt pork
1½ teaspoonfuls salt
¼ teaspoonful pepper
½ onion, sliced
4 cupfuls hot milk
2 tablespoonfuls bacon or ham drippings
3 tablespoonfuls flour

Cut the pork in small pieces and try out (or use 2 tablespoonfuls butter or drippings instead) and add the onion, cooking until it is soft. Strain the fat into a stewpan. Add the potatoes with 2 cupfuls of boiling water, and cook until the potatoes are soft; combine with the corn and milk. Rub together the drippings, flour and seasonings until well-blended, and add to the chowder. Heat to boiling point, taking care it does not burn. Serve garnished with moistened split crackers.

White Kidney Bean Chowder

1 cupful white kidney beans
¼ teaspoonful soda
1 can corn
1 cupful tomato juice
2 quarts boiling water
1½ teaspoonfuls salt
¼ teaspoonful pepper
2 tablespoonfuls butter or sausage fat
Cracker or dry bread crumbs

Soak the beans over night; drain and rinse and bring to boiling point with the soda, and cold water to cover. Drain and rinse again, then add to the boiling water, and simmer slowly until the beans are nearly done. Then season, add the tomatoes and corn, and, when the beans are tender, stir in cracker or bread crumbs to thicken. Add more water if the evaporation is appreciable.

Vegetable Chowder

½ cupful chopped carrot
½ cupful chopped onion
2 cupfuls chopped cabbage
1 cupful diced celery
1 pint tomato juice
2 quarts cold water
¾ cupful chopped turnip
2½ teaspoonfuls salt
Few grains cayenne
1½ tablespoonfuls sugar
4 tablespoonfuls bacon fat or drippings
1 tart apple, chopped

Scrub and prepare the vegetables, leaving on the peelings. Caramelize the sugar a dark brown. Add to it the drippings, and the carrot, celery, onion, cabbage and turnip. Cook till slightly browned, shaking occasionally. Then add the water, the tomato juice, apple and seasonings and simmer one hour, well covered. Serve with steamed whole wheat dumplings and grated cheese.

Mexican Chowder

1 pint boiled Mexican beans
2 quarts beef stock
¼ pound noodles
Salt and pepper
½ cupful diced celery
1 tablespoonful minced parsley
¼ cupful minced onion

Cook the noodles, celery and onions in the beef stock. Add the beans, let become very hot, season to taste, and serve with corn bread.

Green Corn and Lima Bean Chowder

1 quart green corn kernels
1 quart shelled lima beans
1 quart sliced potatoes
1 quart milk
¼ pound salt pork
2 onions (small)
2 quarts boiling water
4 tablespoonfuls flour
Salt and pepper to taste

Cut the salt pork in small pieces and try out the fat. Add the onion, sliced, and cook gently until it is soft, then turn in the water and add the lima beans. Boil gently for about forty minutes. Then season, add the sliced potatoes, cook ten minutes, and turn in the corn. Cook ten minutes more. Add the milk and water to make up that lost in evaporation. Thicken with the flour dissolved in a little milk, let boil and serve with hot crackers. Dumplings may be steamed over the chowder if desirable. If more convenient, the milk may be omitted, and a quart of stewed and strained tomato be used in place of it. If this is done, a teaspoonful of sugar should be added.

Codfish Chowder

1½ pounds codfish
1 pint sliced potatoes
¼ cupful sliced onion
4 tablespoonfuls flour
4 slices salt pork
1 pint milk
1 quart boiling water
Salt and pepper

Try out the salt pork, add the onions and cook slowly until they are yellowed. Then add a quart of boiling water, and the fish cut in small pieces. Cook until the latter is nearly done, then turn in the potatoes. When they are tender, add the milk and the flour dissolved in a little cold water. Season to taste, and serve garnished with thick water crackers moistened in milk.

Salt Codfish Chowder

1 pound salt codfish
1½ cupfuls sliced potatoes
1 teaspoonful powdered thyme
Dash pepper
2 cupfuls tomato juice
2 cupfuls milk
2½ cupfuls water
¼ cupful diced onion
1 stalk celery, diced

Freshen the fish and cut it in small pieces. Place in a kettle with the potato, onion, seasonings and water, and simmer for twenty-five minutes. Then add the tomato, and the milk (which should be previously heated). Serve at once with crisped crackers. Do not re-heat.

CHAPTER X

FISH

ALL MEASUREMENTS ARE LEVEL

There are a few staple ways of cooking fish — change being made by the different seasonings and sauces that are served with them. Breakfast fish should always be cooked simply, as broiled or panned, and be served with a garnish of bacon, a few oysters, cress or lemon. For luncheon, fish is usually prepared in any of these ways, and is embellished with some sauce, or is cooked en casserole, in ramekins, fried or boiled, while small fish are sometimes baked. Any one of these methods is suitable for the fish course at a dinner, but if fish is to constitute the main course, a large one should be chosen and usually baked, served en casserole, planked or boiled, while the sauce should be simple. Chowder is used for the home luncheon, supper or dinner.

CLEANING AND DRESSING FISH

If the fish must be scaled, first dip it in boiling water, and then begin at the tail and scrape with a blunt knife. Clean, and draw as soon as the fish is taken from the water. After removing the entrails be very sure that no particles remain close to the backbone. Wash the fish quickly all over, drain it, and let it stand upon the ice, if possible until time to cook it. However, as the fish odor is liable to permeate the ice-box, wrap the fish closely in oiled paper, and lay it on the ice. If fish is frozen, it must first be thawed out in cold water, then cooked at once.

Boning fish is a simple process that need not take long, if one works rapidly and with concentration. At the same time boned fish is certainly much safer to eat, and far more enjoyable, than fish with the bones left in it.

To remove the bones, begin at the tail end, slip the knife, which should be thin and sharp, between the flesh and the bones working up the backbone. Do this on both sides. If the fish is small, like flounder or sole, each side forms one fillet; if large, like shad or bluefish, the fish is not separated, but is stuffed or broiled or cooked as may be desired. Fillets of halibut are made from halibut steak, which are cut crosswise of the fish, and which separate naturally into four sections. Haddock and cod are also sliced and separated in the same manner.

The fat of red-blooded fish is distributed evenly throughout the flesh, making them moist and rich; to this end they are best not fried, but should be cooked by some other method which will not introduce excess fat. White-blooded fish are dry in texture because the fat is collected in certain portions, so they should be cooked by methods which introduce fat, as baking in milk or braising; if frying is to be done, these fish are well adapted to it. Olive oil is the best frying fat, clean beef drippings being the next choice. Lard is very unsatisfactory unless deep fat frying is to be done.

FRYING FISH IN DEEP FAT

The most satisfactory way to fry small fish, or fillets of fish, is in deep fat. To prepare the small fish, clean them, remove the fins and sever the backbone to keep them from curling up. Rub with flour, dip in slightly-beaten egg, diluted with a fourth cupful of water to each egg, and roll in fine dry bread crumbs. Place in a frying basket so that they do not touch and fry in deep fat, hot enough to brown a bit of bread in a minute and a half. Drain at once on crumpled paper. Fillets of fish should be floured, egged and crumbed in the same way. If it is desirable to introduce the flavor of lemon juice or onion, or a spiced flavor, the fish should be sprinkled with the seasonings and allowed to stand half an hour before frying.

SAUTÉING FISH

Whole fish may be sautéd, or fried, in a spider, but this method is best adapted to fish steaks. In this case the fish should be seasoned, dipped in flour, fine cornmeal,

Baked Oysters on the Half Shell

Tomatoes Stuffed With Shrimps

cracker dust, or fine dry bread crumbs, and fried in just enough fat barely to cover the bottom of the pan, first on one side then on the other. Bacon, sausage and ham fat are well adapted to this purpose, if a savory flavor is desired.

BROILING FISH

Fish that are not too thick are suitable for broiling. To do this, rub a fish broiler with olive oil or butter. Remove the head of the fish, split down the back so that it will lay flat, and brush with melted butter or olive oil. Place in the broiler and near the heat for a few minutes to sear it quickly, then cook more gently, turning occasionally from side to side. A fish weighing a pound and a half requires about twenty minutes. If too high a heat is used, the juices will be drawn off, making it tough and dry. After broiling, fish are often spread with a little creamed butter, either plain, or into which some flavor has been beaten. In case the fish is very thick, like pickerel or mackerel, it may be put flesh-side up in the gas broiling oven, a dripping pan being set under the fish broiler — a few thin slices of bacon or salt pork being put over the fish to baste it. In this case put the fish some distance from the flame. Some of the best fish suited to broiling are mackerel, bluefish, large trout of all kinds, perch, pompano, whitefish, fresh herring and bass.

BOILING FISH

Whereas boiling is an easy way of cooking fish it is liable to be unsatisfactory, because so much of the flavor is lost in the cooking water, and it is a difficult matter to cook the fish thoroughly without causing the slices to break. The best method is to have the water moderately warm, put in the fish, bring it quickly to boiling point to sear the fish, and simmer gently until the flesh separates easily from the bones — five minutes to the pound for thin slices, from eight to ten for thicker. The fish should be tied in a well-oiled cheesecloth to preserve the shape, or, in case of a long, whole fish, it may be coiled up in a frying basket. The best utensil, however, is a rack which fits into the fish kettle, for the fish cooks in better shape and is easier to remove than from any other utensil. The cooking water should contain a half teaspoonful of lemon juice or vinegar, and a half teaspoonful of salt to each quart of liquid. Bay leaves, cloves, peppercorns, and the like, may be added if desired. The best medium for boiling fish is in fish broth or court bouillon, as the flavor is then not wasted, the liquid finally being used for a bisque or clear bouillon.

After boiling, the fish should be well drained, and, if the sauce is not to surround it, may be dressed for service on a platter, and garnished plentifully with cress, parsley, radishes or lettuce hearts, with slices of lemon either plain or spread on one half, with finely-chopped peppers or pimentoes, and the other half with minced parsley. Potato balls tossed in melted butter, stuffed peppers or tomatoes, or sliced cucumbers are often served on the same platter. If the fish is white, a tomato sauce is suitable. If a fish of marked flavor is used, like tuna or salmon, a plain bread sauce is excellent. A blend of fish flavors is delicious, so a sauce of some other fish is often used.

In case the boiled fish are small, like brook trout or smelts, any of the flavored butters, Hollandaise, or drawn butter sauce may be used.

The fish best adapted for boiling are cod, haddock, halibut, bass, whitefish, carp, flounder, salmon, pike, pickerel, perch and trout of all kinds.

STEAMING FISH

It is more satisfactory to steam fish than to boil them. This is easily done if they are wrapped securely in buttered manila paper, or a paper cooking bag, or merely laid on a well-oiled plate. Allow ten minutes to the pound for steaming.

TO BAKE FISH

Almost all varieties may be baked, although the method of baking depends on the kind. Fish of moderate size should be roasted whole, the dressing being rich, rather moist and well seasoned.

For roasting or baking the head and tail may, or may not, be left on, but the fins must be removed,— and the eyes, if the head is retained. Stuff rather sparingly, lest the dressing swell and break open the fish, and gash the skin along the back so that it will not crack in cooking. Strips of salt pork or bacon are laid along the back, and frequent basting with hot water, to which a little butter, or other fat has been added, will prevent dryness. Allow fifteen minutes to the pound.

If one does not own a rack that fits the fish-pan, strips of cotton cloth, about six inches wide, laid lengthwise of the pan, with the fish upon it will aid in transporting it to the platter. Among the fish that may be baked whole are mackerel, bluefish, small salmon, trout, pickerel, bass, whitefish, haddock and perch. The sauce should be simple, like drawn butter, caper, or ordinary egg sauce.

Fish, like halibut, tuna, large salmon and cod, are cut in steaks or fillets for baking. They may be placed in a pan with a strip of bacon or salt pork on each, or, in lieu of this, a teaspoonful of sausage, ham or bacon fat. A few drops of lemon juice should be sprinkled over and a little salt and pepper. Set in a hot oven two or three minutes, then add a little hot water, and bake till tender — about twenty-five minutes — basting once or twice. Serve sprinkled with minced parsley and accompanied by a cold slaw, sauce tartare, or any of the sauces designated for boiled fish.

Halibut with Oysters

Broil halibut steak and sprinkle lightly with lemon juice. Heat oysters in butter until they curl. Season with salt and pepper and pour over the fish. Garnish with parsley or cress. For six people use two pounds of halibut and a pint of oysters.

Fillets of Halibut

6 halibut fillets
2 chopped pimentoes
1 cupful chopped string beans
1 cupful fish stock
2 cupfuls pounded halibut
Pimento figures
½ cupful soft bread crumbs cooked in
¼ cupful milk or cream
1 teaspoonful lemon juice
½ teaspoonful salt
⅛ teaspoonful pepper
2 eggs separated

Remove the skins from the fillets; season the fillets well with salt and pepper and sprinkle with the pimento and beans. Set in a well-oiled baking dish some distance apart. Combine the remaining ingredients according to the order in which they are given, adding the egg whites, well beaten, at the last. Pile this mixture high on the fillets, set the pimento figures in place, surround them with the stock, and bake twenty minutes in a quick oven. Remove to a hot serving platter and strain off the liquor in the pan. There should be 1½ cupfuls. Thicken this with 2 tablespoonfuls of butter and 1 tablespoonful of flour creamed together, add two tablespoonfuls of lemon juice, and pour onto 2 slightly-beaten egg yolks. Return to heat over hot water and stir until thickened. Sprinkle the fillets with the minced pimentoes and parsley and serve surrounded with the sauce.

Baked Crumbed Halibut, Haddock or Codfish

2 pounds sliced halibut, haddock or codfish
1 green pepper or pimento
1 onion
½ teaspoonful lemon juice
Salt and pepper
Buttered crumbs

Dust the fish lightly with salt and pepper and sprinkle with the lemon juice. Lay in an enamelware dripping pan or on a baking-platter. Bestrew with the onion and pepper chopped fine, and sprinkle on the buttered crumbs. Pour in a little water or milk and bake in a moderate oven until the fish is tender and the crumbs are brown — about thirty-five minutes for slices an inch thick.

Baked Fillets of Halibut, Haddock or Codfish

Wipe dry the desired number of halibut, haddock, or codfish fillets. Arrange in a well-buttered baking pan or platter. Sprinkle with salt and pepper, and a few drops of lemon juice. Brush over with melted butter and barely cover the bottom of the pan with hot water. Set in a hot oven and bake till tender, about thirty minutes. Serve with parsley or egg sauce.

Casserole of Halibut

2 pounds halibut
6 small onions
¾ cupful carrots cut in little strips
4 tablespoonfuls butter
½ cupful crumbs
4 potatoes, quartered
2 teaspoonfuls salt
¼ teaspoonful pepper
Boiling water
1 cupful tomato juice

Remove the skin and bones from the fish. Brown the onions and carrots in butter. Put a layer of fish in the casserole, then some carrots and onions and 2 tablespoonfuls of crumbs. Add more fish, vegetables and crumbs, repeating till all are used. Barely cover with the tomato juice and boiling water, add the seasonings and set the potatoes on top; cover, and bake from forty-five minutes to an hour.

Baked Fish Chops

2½ cupfuls cold, flaked cod, halibut or haddock
3 tablespoonfuls butter or oleomargarine
6 tablespoonfuls flour
1 cupful hot milk or cream
½ teaspoonful onion juice
1 tablespoonful lemon juice
½ cupful fish stock
1 teaspoonful salt
Few grains pepper
Few grains nutmeg
2 drops tabasco sauce
1 teaspoonful minced parsley
½ teaspoonful Worcestershire sauce

Boil the fish, remove the bones and skin and flake the flesh fine. Make a sauce by melting the butter, adding the flour and, gradually, the hot milk; when boiling add the fish stock and the remaining ingredients. Combine with the fish, cool, and shape into cutlets. Roll in fine dry crumbs, mixed with ¼ cupful melted butter or other good fat to 1½ cupfuls crumbs. Place in an oiled dripping pan and bake till brown. Serve with creamed peas, tomato or egg sauce, around a mould of mashed potatoes or boiled brown rice.

Baked Haddock, Halibut or Codfish Slices

Dust slices of the desired fish with salt and pepper. Lay in a baking pan or dish and sprinkle with a little vinegar and a few drops of onion juice; and put a slice of bacon, or a teaspoonful of bacon or sausage fat, or drippings, on each slice. Set in a hot oven and, when beginning to brown, add hot water to cover the bottom of the pan. Bake till tender, about twenty minutes.

Breaded Codfish

Two pounds fresh codfish, cut three-quarters of an inch thick — shaped into pieces suitable for serving. Sprinkle with lemon juice, a few drops of onion juice and a little horseradish, and let stand thirty minutes. Then drain, dip in fine dry crumbs, in slightly-beaten egg diluted with milk, and then in crumbs again, and fry about five minutes in deep fat. Drain on crumpled brown paper, and serve with green pepper sauce.

Baked Tile Fish with Dressing

2 pounds tile fish
Tomato bread dressing

Lay the fish in a dripping pan. Dust with salt and pepper, cover with the dressing and bake forty-five minutes in a moderate oven, basting occasionally with a little bacon fat dissolved in hot water.

Fried Scallops

Clean the desired number of scallops by rinsing thoroughly in cold water. Plunge in boiling water, well-salted, and simmer until they begin to shrink. Drain, dry, roll in flour, egg diluted with ¼ cup of milk to each egg, then in fine bread crumbs, and fry in fat hot enough to brown a bit of bread in two minutes. Drain on brown paper and serve with tomato or tartare sauce.

Devilled Scallops

1 pint scallops
1 tablespoonful minced onion
1 tablespoonful lemon juice
½ teaspoonful Worcestershire
1 tablespoonful Parmesan cheese
4 tablespoonfuls flour
4 tablespoonfuls drippings or bacon fat
1 cupful tomato pulp
1 teaspoonful salt
⅛ teaspoonful minced parsley

Wash and drain the scallops. Roll in flour and the melted fat, add all the other ingredients and turn into a well-oiled baking dish; bake for twenty-five minutes. Serve with boiled brown or uncoated rice.

Scallops au Gratin

1 quart scallops
1 pint soft crumbs mixed with
⅓ cupful melted butter
4 tablespoonfuls green pepper, minced
Salt and pepper
Cream or rich milk, about 1 cupful
½ cupful dry crumbs, mixed with 2 tablespoonfuls melted butter

Wash the scallops, cover with water and bring quickly to boiling point. Drain. Butter a baking-dish, put a layer of crumbs in the bottom, add a layer of scallops, sprinkle with minced peppers, and season with a little salt and pepper, repeating until the dish is filled. Pour over enough cream to moisten, sprinkle on the dry crumbs, and bake thirty minutes in a moderate oven.

Escalloped Fish

3 cupfuls flaked fish, cooked
2 cupfuls milk
2 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful buttered crumbs
1 teaspoonful onion juice
½ teaspoonful celery salt
⅛ teaspoonful pepper
Salt as needed

Select any white fish, as haddock, cod or halibut. Boil and flake in pieces, taking care to remove all skin and bones. Make a white sauce of the milk and butter, flour and seasonings and stir the fish into it. Pour into a well-oiled baking dish, sprinkle with the crumbs, mixed with two tablespoonfuls of melted butter, or oleomargarine, and set in a quick oven to brown.

Creamed Fish on Toast

3 cupfuls cooked haddock or cod flaked
2 cupfuls milk
½ teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls butter or oleomargarine
2 tablespoonfuls flour
½ teaspoonful onion juice
Bit of bay leaf
Buttered toast

Scald the bay leaf in the milk and remove it. Make a white sauce of the butter, flour, milk and seasonings. Add the fish, let stand to become very hot, and serve on buttered toast.

Matelote of Haddock

(From the French)

2 pounds haddock
6 tablespoonfuls butter or oleomargarine
6 small onions
4 tablespoonfuls flour
1 spice bag
1 teaspoonful salt
1 tablespoonful lemon juice
½ cupful white grape juice, or
½ cupful very weak vinegar, slightly sweetened
1¼ cupfuls rich soup stock
⅛ teaspoonful pepper

Slice the fish and remove the skin. Slice the onions and fry them in the butter with the fish till browned. Then add the flour, the seasonings, the liquid and the spice bag (1 clove, bit bay leaf and a few celery leaves tied in a cloth). Simmer thirty minutes, add more seasonings, if necessary, and serve garnished with toast points.

Oyster Chops

1 cupful steamed oysters
1 cupful cooked veal
4 tablespoonfuls butter or oleomargarine
6 tablespoonfuls flour
1 teaspoonful parsley
¾ teaspoonful salt
Few grains cayenne
1 tablespoonful lemon juice
Few grains nutmeg

Steam the oysters. Chill, cut in small pieces and mix with the veal cut in bits. Make a sauce of the butter, flour, cream and seasonings. Add the oyster mixture, chill and form into chop shapes. Dip in egg, diluted with melted butter, then in well-buttered crumbs and bake in a dripping pan until brown.

Oyster Loaves

12 French rolls
1 pint oysters
2 tablespoonfuls butter
½ cupful thick cream
Grating lemon rind
Few grains mace
Salt and pepper to taste

Cut the tops from the rolls, scoop out the crumbs and brush thoroughly both inside and out with butter. Set in a hot oven to brown. Fry the coarse crumbs in the butter. Remove the oyster muscles, then place the oysters in a saucepan, with the fried crumbs and seasonings. Shake over the heat until the oysters begin to curl, add the heated cream and serve very hot in the rolls, accompanied by fried crumbs.

Oyster Filling for Patties

2 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful milk or cream
Yolks 2 eggs
Dash of cayenne
Dash of mace

Steam the oysters and cut each one into four pieces. Make a white sauce of the butter, flour and cream, add the seasonings and remove from the fire. When a little cooled, add the beaten yolks, stirring vigorously; place again over the heat, and stir until thickened, then add the oysters. Serve in hot pattie-shells, or bread croustades.

Panned Oysters

Wash the desired number of oysters thoroughly. Place in a frying pan with a generous lump of butter. Dredge lightly with salt and pepper, and cook gently over a moderate heat until the edges curl — about five minutes — and serve on buttered toast.

Sauté Oysters, with Celery

⅓ teaspoonful salt
1 pint oysters
2 tablespoonfuls lemon juice
Few drops Worcestershire
1 teaspoonful horseradish
Crumbs
1 cupful white sauce
½ cupful minced celery
6 slices toast

Clean the oysters and marinate (let stand) in the lemon juice, Worcestershire and horseradish half an hour. Drain, sprinkle with salt and pepper, dip in fine dry crumbs and sauté (fry) in butter. When the edges curl, remove to slices of hot buttered toast, pour around the white sauce, and sprinkle with the minced celery.

Tiny Oyster and Mushroom Pies

½ pint small oysters
¼ pound fresh mushrooms
1 cupful milk
2 tablespoonfuls butter
2 tablespoonfuls flour
Few grains mace
Few drops onion juice
¼ teaspoonful salt
Few grains pepper
Flaky pie crust

Wash the oysters, cut the mushrooms in small pieces, fry till softened in the butter, and add the flour and the milk. Season. Let boil, and drop in the oysters; put the mixture in six small ramekins. Set over rounds of the pie crust and bake quickly.

Oyster Pasty

1 quart oysters
1 pint rich milk or cream
1 cupful cooked diced celery
1 cupful cooked peas
⅛ teaspoonful mace
4 tablespoonfuls butter or oleomargarine
4 tablespoonfuls flour
1½ teaspoonfuls salt
⅛ teaspoonful pepper
Short biscuit paste

Wash the oysters carefully. Make a sauce by melting the fat, adding the flour and seasonings and, gradually, the milk. Steam the oysters over a half cupful of water until plump — add this liquor to the sauce, then the oysters, peas and celery. Line a dish with the paste, cut one-quarter inch thick — pour in the oyster mixture, put on a crust of the biscuit paste, cut a hole in the top, and bake about twenty-five minutes in a moderate oven.

Fried Oysters

1 quart oysters
Dried bread crumbs
Salt and pepper
2 egg whites

Wash the oysters and drain on paper toweling. Add ½ cupful cold water to the egg whites beaten slightly together; dust the oysters with salt and pepper, roll in crumbs, egg white, and crumbs again and fry forty seconds in fat hot enough to brown a bit of bread in that length of time. Drain on crumpled brown paper and serve with sauce tartare or in a bread croustade with white sauce.

Escalloped Oysters

1 quart oysters
2 teaspoonfuls minced parsley
¼ cupful minced celery
1 teaspoonful salt
¼ teaspoonful paprika
4 cupfuls soft bread crumbs
¼ cupful butter
2 cupfuls cream or milk
½ cupful dry, buttered crumbs

Wash the oysters. Butter a baking dish and put in a thin layer of the crumbs. Add a layer of oysters, sprinkle with a little seasoning, parsley and celery, dot with bits of the butter, and repeat until dish is full, leaving the last layer oysters. Add the cream, cover with the buttered crumbs, and bake thirty minutes in a hot oven. There should not be more than three layers of oysters.

Devilled Oysters with Brown Rice

1 pint oysters
3 cupfuls cooked brown rice
¾ cupful grated cheese
2 minced green peppers
Salt and paprika
¼ cupful butter
½ cupful bread crumbs mixed with 1 tablespoonful melted butter

Butter a baking dish and put in a layer of the cooked rice; cover with oysters, sprinkle with the cheese, salt, pepper and minced peppers and add half the butter cut in bits. Repeat and cover the top with buttered crumbs. Moisten with oyster liquor, if necessary, and bake thirty minutes in a moderate oven.

Devilled Oysters

1 quart oysters
2 tablespoonfuls olive oil
1 tablespoonful made mustard
2 tablespoonfuls lemon juice
½ teaspoonful salt
½ teaspoonful paprika
½ teaspoonful curry
Buttered crumbs

Let the oysters stand thirty minutes in the seasonings. Then dip in the crumbs and bake till brown in a very hot oven. Serve garnished with bacon.

Brown Oysters

1 pint oysters
1 tablespoonful minced onion
2 tablespoonfuls minced carrot
1 sprig parsley
4 tablespoonfuls butter
Few grains mace
6 tablespoonfuls flour
1 cupful cream or rich milk
½ teaspoonful salt
Few grains cayenne
Buttered toast

Wash the oysters, and steam over a cupful of hot water. Fry the onion and carrot till yellow in the butter, add the flour, then, gradually, the liquor over which the oysters were steamed. Strain this mixture. Have the parsley minced fine and add it with the seasonings and oysters. Let it become very hot, turn in the cream, scalded, and serve on buttered toast, or pour over boiled brown or uncoated rice.

Savory Clams

1 pint clams
1 cupful cream or milk
2 tablespoonfuls butter or bacon drippings
2 tablespoonfuls flour
6 slices bacon cut in dice
¼ teaspoonful salt
Few grains pepper
⅛ cupful minced celery
¾ cupful fine crumbs

Clean the clams and separate the hard and soft parts, chopping each rather coarse. Add the hard parts to the butter and cook for three minutes; add the flour, seasonings and, gradually, the milk and the soft parts of the clams. Turn into well-oiled ramekin dishes or scallop shells, sprinkle with minced celery, cover lightly with the crumbs, and then place a very little piece of bacon on top of each. Bake twenty minutes (or until brown) in a hot oven.

Clams Sauté on Toast

1 quart clams
¼ cupful butter
Salt, if needed
4 tablespoonfuls flour
Dash pepper
½ teaspoonful Worcestershire sauce

Remove the heads from the clams. Wash the clams and cut in halves. Roll in the flour, season and fry in the butter about seven minutes. Serve on toast.

Clams *à la Crème*

1 pint clams
1 cupful cream or milk
2 tablespoonfuls butter
3 tablespoonfuls flour
¼ teaspoonful onion juice
¼ teaspoonful salt
Few grains pepper
¼ teaspoonful Worcestershire sauce
1 stalk celery
Buttered toast

Clean the clams, remove the heads and separate the hard and soft parts, chopping each rather coarse. Add the hard parts to the butter, cooking them three minutes, then turn in the flour and seasonings. In the meantime scald the celery with the milk, remove it, and add the milk to the clams. Then add the soft parts and let stand ten minutes over hot water to cook. Serve on buttered toast.

To Open Lobsters

Separate the tail from the body, and twist off the large and small claws. Then cut the thin shell on the inside of the tail, and remove the meat. Split this lengthwise through the center and take out the intestinal vein, which is sometimes red, sometimes white or even black. Then draw out the body of the lobster from the main part, discarding the lungs, stomach and liver. Save the coral, pull off the wooly gills, then pick out the meat that lies between the body bones.

If the lobster is small, cut the claws with the scissors and remove the meat; if large and tough it will be necessary to break them. The small claws and tips of the large claws may be reserved for garnishing.

To Boil Lobsters

Have the water boiling rapidly, and allow a handful of salt to a gallon of water. Enough water should be allowed to cover the lobster. Drop in the lobster and let boil hard for a few minutes, then more gently, allowing twenty minutes in all for a medium-sized lobster.

Broiled Live Lobster

If possible, order the lobster dressed at the fish market; pull off the small claws and put the lobster in a broiler, well-oiled with olive oil. Broil from eight to ten minutes on the flesh side, then turn and broil half the time on the shell side. Break open the large claws and pour over melted butter before serving.

If necessary to dress the lobster at home, use a heavy, pointed knife and make a sharp, deep cut throughout the whole length of the lobster, beginning at the mouth. Spread open and remove the stomach and the intestinal vein.

Baked Live Lobster

Put the lobster fat and the meat from the body in a bowl, mix this with an equal quantity of soft bread crumbs, a tablespoonful of minced green peppers, a half teaspoonful of lemon juice and a little salt and pepper. Replace in the body shell, lay the lobster in a pan and put four narrow strips of thinly-sliced bacon over the lobster. Bake thirty minutes in a moderate oven.

Buttered Lobster

Meat from a two-pound lobster
1 teaspoonful Worcestershire sauce
1 teaspoonful mustard
½ teaspoonful salt
4 tablespoonfuls hot butter
1 tablespoonful minced parsley
½ teaspoonful paprika
1 teaspoonful vinegar

Put the seasonings together in a saucepan, add the butter and lobster and sauté (fry) till very hot. Serve on buttered toast, or in browned pointed rolls.

Lobster Savory

1 cupful lobster meat
¼ cupful chopped mushrooms
2 tablespoonfuls butter
3 tablespoonfuls flour
¼ teaspoonful salt
Few grains pepper
1 teaspoonful parsley
1½ cupfuls brown soup stock
1 tablespoonful ham (chopped)
1 tablespoonful carrot (chopped)
2 tablespoonfuls celery (chopped)
½ teaspoonful minced onion
2 cloves

Melt the butter, add the vegetables and flour, and cook until browned, then add the stock slowly. Boil till the vegetables are tender, strain and add the lobster meat. Serve in timbale cases, or in bread croustades.

Lobster *Farci*

2½ cupfuls boiled lobster
1½ cupfuls cream or milk
3 tablespoonfuls butter
3 tablespoonfuls flour
¼ teaspoonful nutmeg
Few grains cayenne
6 tablespoonfuls bread crumbs
Yolks 2 hard-cooked eggs
1 teaspoonful salt
1 tablespoonful chopped parsley
Whites 2 hard-cooked eggs
½ teaspoonful Worcestershire sauce

Make a white sauce of the butter, the milk, flour and the seasonings. Remove from the heat and add the parsley, minced, and the egg yolks, mashed. Stir in the lobster meat, and the egg whites cut in small cubes.

Have the lobster shells washed and dried. Cut off the sides of the body shells one-half inch. Fit the body and tail-pieces together, put in the mixture, cover with buttered crumbs, and bake till brown.

Lobster Cutlets

2 cupfuls chopped lobster meat
½ teaspoonful salt
Few grains cayenne
Few gratings nutmeg
1 teaspoonful lemon juice
1 egg yolk
1 teaspoonful finely-chopped parsley
1 cupful thick white sauce

Mix the ingredients in the order given. Shape in the form of cutlets, crumb and fry as croquettes. (See chapter on frying.) Make a cut at the small end of each cutlet and insert in each the tip of a small claw. Serve around a mound of parsley, with sauce tartare.

Lobster, Chafing-Dish Style

2½ cupfuls boiled lobster meat
1½ cupfuls cream or milk
2 tablespoonfuls butter
1½ tablespoonfuls flour
Few grains cayenne
Few grains nutmeg
3 hard-cooked egg yolks
1 teaspoonful salt
1 tablespoonful chopped parsley
Dash celery salt

Make a white sauce as follows — mash the egg yolk and mix with the flour. Melt the butter, stir in the flour mixture and seasonings, and add the cream gradually. Add the parsley and lobster meat cut in dice. Let boil and serve very hot on buttered toast.

Stewed Eel

1 eel (about one pound)
1 onion, sliced
1 tablespoonful minced parsley
4 tablespoonfuls olive oil
1 cupful sifted canned tomatoes
1 cupful peas
Salt and pepper to taste

Fry the onion in the oil, and when of a golden color add the parsley. Wash and dry the eel and cut it in pieces, about two inches long. Add the eel to the onion together with the tomatoes and a little salt and pepper and the peas, if they are fresh. Otherwise put them in just before serving. Cook slowly until the eel is tender.

Baked Stuffed Smelts

12 large smelts
2 tablespoonfuls lemon juice
½ teaspoonful minced onion
2 tablespoonfuls chopped mushrooms
4 tablespoonfuls soft bread crumbs
½ teaspoonful minced parsley
4 tablespoonfuls butter
Hot milk or cream to moisten

Remove the heads, tails and fins and clean the fish. Wash thoroughly, dredge with salt and pepper, and stuff with a dressing made of the onion, mushrooms, crumbs, parsley, etc. Set on a well-oiled baking platter, sprinkle with lemon juice and cover. Bake eight minutes in a quick oven. Uncover, place buttered crumbs on top, and bake until the crumbs are browned. Serve with Hollandaise, mousseline or sauce tartare.

Baked Mackerel in Milk

Dress and split a mackerel. Lay it on a baking platter and dredge it with flour, salt and pepper; dot with bits of butter and add hot milk nearly to cover. Bake until tender — about twenty-five minutes.

Baked Stuffed Bluefish

Clean the bluefish and dredge inside and out with salt and pepper. Prepare a well-seasoned bread or cracker stuffing, and lay the fish in a well-oiled pan, preferably on a fish rack. Dot with bits of butter, sprinkle lightly with flour and bake nearly an hour in a hot oven, for a fish of medium size. Pour in a cupful of hot water containing a little butter or drippings. Baste frequently with this. Serve with Hollandaise sauce or lemon butter.

Fish Stuffing

2 cupfuls soft bread crumbs
¼ cupful melted butter, oleomargarine or savory drippings
¾ teaspoonful salt
¼ teaspoonful pepper
½ teaspoonful onion juice
1 teaspoonful minced parsley
½ cupful chopped celery (if convenient)
Hot water to moisten

Mix the ingredients in the order given. A half cupful or more of stewed tomato may be used instead of the water if desired.

Fried Fillets of Flounder or Sole

Clean the fish and cut lengthwise into fillets. Dust with salt and pepper, roll and fasten with wooden toothpicks. Dip in fine dry crumbs, in egg and crumbs again, and fry in fat hot enough to brown a piece of bread in two and one-half minutes, and drain. Serve with tomato, Hollandaise, shrimp sauce, or sauce tartare.

Baked Sole

Clean the fish and split lengthwise. Marinate (let stand) for twenty minutes in a tablespoonful of lemon juice, a teaspoonful of Worcestershire and a half teaspoonful of onion juice for each two pounds of fish, and then dust thickly with buttered crumbs. Set in a baking pan; dot with more butter, pour a little water in the pan and bake gently for twenty minutes in a moderate oven. Serve with parsley sauce and potato balls.

Fillet of Sole, Greek Style

3 cupfuls creamed spinach
2 pounds sole, split and cleaned
¼ cupful milk
1 cupful cheese, sliced thin
4 tablespoonfuls butter
Salt and pepper

Make a thin layer of the spinach in the bottom of a shallow, well-oiled baking dish or low casserole. Place the sole on this, sprinkle with salt and pepper, and pour the milk around it. Then cover with the cheese, dot with butter, dredge sparingly with salt and pepper and set in a hot oven for twenty-five minutes. The cheese will melt, forming a most delicious sauce.

Planked Shad *à la* Easter

Heat a plank of the desired size and rub thoroughly with olive oil, then lay the fish, cleaned and split down the back, on it. Brush over with oil and dredge with salt and pepper. Bake about twenty-five minutes in a hot oven, basting frequently with melted butter. This can be done under the gas flame if desired, taking care not to burn the plank.

Decorate with hot, moulded brown or uncoated rice, bundles of cooked asparagus, slipped through rings of green pepper, turnip cups of cooked turnips, hollowed out and filled with peas, radish roses and slices of lemon decorated with halved, stuffed olives.

Planked Mackerel

Split the fish down the back and remove the bones. Heat a plank of the desired size in the oven, rub thoroughly with olive oil and then lay the fish on it, flesh-side up. Dredge the fish with salt and pepper, sprinkle with a little lemon juice, and bake till tender, about twenty-five minutes in a hot oven, basting frequently with melted butter. Have prepared a generous quantity of Duchess potatoes (about 1 quart) and pipe through a pastry bag and tube around the fish. Brush over with slightly-beaten egg yolk and return to the oven to brown. Decorate further with stuffed green peppers, or tomatoes, with radish roses, and with broiled bacon strips alternating with lemon slices on the fish.

Almost any fine-grained fish may be planked.

Trout Baked in Milk

Dress the fish as usual, removing the head, fins and tail. Place on a buttered baking platter, dredge with flour, allowing one tablespoonful to each fish, and sprinkle with salt and pepper. Dot with bits of butter and smother the fish with unheated thin cream. Place in the oven and bake until tender — about twenty minutes. The fish will absorb much of the cream. The remainder will be thickened by the flour and can be served with the fish as a sauce.

Trout *à la* Game Club

Prepare the trout as usual, but do not remove the heads or tails. Sprinkle with salt and pepper, wrap in cheesecloth and plunge into boiling fish broth and simmer until tender, from fifteen to twenty-five minutes, according to the size of the fish. Serve whole on heated plates with lemon butter and a garnish of watercress. By this process the beautiful fish markings are preserved.

To Boil Crabs

Plunge the crabs into boiling water containing a tablespoonful of salt and a little vinegar to each two quarts. Boil from ten to fifteen minutes, or until they turn red.

To Dress Crabs

Cool the boiled crabs and remove the spongy substance and the small piece at the lower part of the shell, which is called "the apron." Then pick the meat from the bones and use as desired.

Devilled Crabs

To each cupful of crab meat allow two tablespoonfuls of melted butter, two tablespoonfuls soft bread crumbs, one or two egg yolks, a teaspoonful of minced parsley, a half teaspoonful of lemon juice, and salt and pepper to taste. If it seems dry, moisten with a little milk or white stock. In the meantime wash the shells, trim into shape and heap with the mixture. Sprinkle with dry bread crumbs, mixed with a little melted butter, and brown in a moderate oven.

Crab Meat Cakes

3 cupfuls crab meat
1 small egg
½ tablespoonful flour
½ teaspoonful salt
⅛ teaspoonful pepper
Paprika to taste

Mix the ingredients together in the order given, form into flat cakes, roll in flour and fry gently on a well-oiled griddle. Serve with a rich white sauce.

Crab Meat Timbales

2 cupfuls flaked crab meat, freed from shell
3 eggs
½ cupful soft bread crumbs
2 teaspoonfuls lemon juice
4 tablespoonfuls melted butter
½ teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful minced parsley

Beat the egg yolks well, and add to the crab meat with all the other ingredients as mentioned. Mix thoroughly, then fold in the egg whites, beaten stiff. Bake in well-oiled timbales or custard cups, set in hot water, for thirty minutes — unmould and serve with white sauce containing chopped olives.

Fried Soft Shell Crabs

Pull back the skin (which will later harden into shell) and remove the soft spongy substances; then replace the skin, dip the crab, legs and all, into flour, dust with a little salt and pepper, then roll in egg and fine bread crumbs, as for croquettes, and fry golden brown in fat hot enough to brown a bit of bread in two minutes.

White Fish Loaf

2 pounds halibut, cod or haddock
2 or 3 eggs separated
1½ cupfuls soft bread crumbs
1¼ cupfuls milk
Grating lemon rind
1¼ teaspoonfuls salt
½ teaspoonful butter or oleomargarine melted
¼ teaspoonful pepper

Boil the fish with a bit of bay leaf till tender. When cool, remove the skin and bones and flake with a fork into bits. Cook the bread crumbs and milk together to a paste. Add to the fish with the remaining ingredients, the eggs being separated; add the yolks without beating, and fold in the egg whites, beaten stiff. Pack into a well-buttered brick-shaped tin with the bottom lined with paper. Stand in a pan of water and bake forty-five to fifty minutes. Let stand a while before unmoulding. Serve hot with egg, bread, or Spanish sauce.

Tuna Fish *à la* King

4 tablespoonfuls butter
3 tablespoonfuls flour
2 tablespoonfuls green pepper (minced)
2½ cupfuls tuna fish, flaked coarse
¾ teaspoonful salt
2 cupfuls rich milk
1½ cupfuls diced mushrooms
Toast
Few grains paprika

Melt the butter and cook the peppers and mushrooms in it till soft. Then stir in the flour and salt and cook till frothy. Add the milk gradually, stirring constantly, and when boiling point has been reached add the fish. Let become very hot and serve on buttered toast.

Flaked Fish Cakes

2½ cupfuls hot boiled uncoated rice
1 teaspoonful minced parsley
2 teaspoonfuls salt
8 slices bacon
1 tablespoonful melted butter
1 cupful fish flakes
½ teaspoonful onion juice
Few grains pepper
Hot milk or cream to moisten

Mix together the rice, fish, seasonings and butter; moisten as needed with milk, form into flat cakes and dip in flour. Try out the fat from the bacon in the oven, cooking until the bacon is crisp and brown. Fry the cakes in the hot fat, and serve a slice of bacon on every patty. Tomato or cream sauce may be used with these if desired.

Fish-Balls

1 cupful salt codfish
2½ cupfuls mashed potato
2 tablespoonfuls cream
⅛ teaspoonful pepper
1 egg
2 teaspoonfuls parsley
½ tablespoonful butter

Pick the codfish into bits and let simmer thirty minutes. Prepare the potato as usual, add the fish, egg, parsley, butter and pepper and the cream, if more moisture is needed. Shape into flat cakes, egg and crumb, as usual, and fry in deep fat. Serve garnished with broiled bacon.

Salmon Klopps

2 cupfuls cooked, or canned, salmon, minced
½ teaspoonful celery salt
1 teaspoonful parsley
½ teaspoonful lemon juice
¼ teaspoonful onion juice
2 eggs

Mix the ingredients in the order given, adding the eggs unbeaten. Form into balls the size of a walnut, and poach in water just at simmering point. When firm, remove to toast and serve with a cream sauce.

Salmon Loaf

1 can salmon
3 eggs
½ cupful soft bread crumbs
2 teaspoonfuls lemon juice
¼ cupful melted butter or oleomargarine
½ teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful minced parsley

Scald the salmon. Remove the skin and bones, and to the fish add the yolks of the eggs, well beaten, and all ingredients in the order given. Mix well and fold in the egg whites, beaten stiff. Bake in a buttered pan well-covered, and set in pan of hot water for thirty-five minutes, or steam for an hour. Serve either hot or cold, with creamed peas or sauce tartare.

Creamed Salmon on Toast

1 can salmon
2 cupfuls milk
2 tablespoonfuls flour
¼ teaspoonful onion juice
2 tablespoonfuls butter or bacon fat
½ teaspoonful salt
⅛ teaspoonful pepper
Buttered toast

Scald the salmon. Remove the skin and bones and flake the fish fine with a fork. Melt the fat, and stir in the flour and milk, gradually. Let boil, stirring constantly, add the salmon and seasonings and let become very hot. Serve on buttered toast.

Japanese Shrimps

2 cupfuls cooked shrimps
2 tablespoonfuls butter
1½ tablespoonfuls flour
1 tablespoonful chopped pimentoes
½ teaspoonful onion juice
1½ cupfuls milk
Buttered crumbs

Break the shrimps into bits. Add the pimentoes to the butter and cook till soft, then add the flour and milk to make a white sauce. Turn in the shrimps, and season to taste; turn into individual baking dishes and cover with the buttered crumbs. Bake in a quick oven, and serve with radish and lettuce salad.

Tomatoes Stuffed with Shrimps

6 medium-sized tomatoes
1½ cupfuls shrimps, quartered
2 tablespoonfuls butter
2 slices onion, diced
Pulp from the tomato
¼ cupful cream
½ cupful soft bread crumbs
Salt and paprika to taste

Cut the tomatoes in halves crosswise, and remove the pulp. Dust the halves with salt and pepper and drain. Melt the butter and brown the onion in it lightly. Add the tomato pulp and cook till reduced one-half. Add the other ingredients, then the shrimp, and pack into the tomato halves. Cover with buttered crumbs. Bake thirty minutes in a moderate oven, and serve on buttered toast rounds, or garnished with additional shrimps.

Shrimp Pie

2½ cupfuls shrimps
2 cupfuls thinly-sliced cooked potato
1 cupful peas
4 anchovies
3 tablespoonfuls flour
2 cupfuls milk
½ teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls butter
Short biscuit crust

Cut the shrimps in small pieces, mince the anchovies and butter a baking dish. Put in a layer of the shrimps, then one of potato and one of peas; sprinkle with some of the anchovies, salt and pepper and flour, then repeat until all is used and pour over the milk heated to scalding point. Set on the crust slashed to let out the steam, and bake thirty minutes in a moderate oven.

SALT AND SMOKED FISH

Salt and smoked fish deserve a more prominent place in every household menu. In the first place they are digestible foods; second, they are cheaper than ordinary fish because they contain more nutriment in proportion to the weight and have no waste. At the same time the various varieties may be kept on hand and are always ready for use when needed.

It is a mistake to freshen dried fish too long, salt mackerel and codfish, only if very salt, necessitating soaking over night. Herring and salmon, as well as bloaters, simply need scalding. Finnan haddie should be allowed to soak for an hour in cold water before using.

Browned Codfish on Biscuit

1 pound salt codfish
3 tablespoonfuls bacon or beef drippings
5 tablespoonfuls flour
Salt and pepper
2 cupfuls boiling water
Baking powder biscuit

Soak the codfish an hour in warm water. Drain, remove the bones, and separate the fish into large flakes. Dry and roll in flour. Fry in the drippings until tender and brown. Then add the remaining flour, toss the fish about, and pour in the water. Let boil, season to taste, and serve on the biscuit, split and buttered.

Creamed Codfish

½ pound salt codfish
1½ cupfuls white sauce
Mashed potatoes or boiled brown or uncoated rice
1 egg yolk
Dash pepper

Soak the fish an hour in warm water to cover. With the fingers remove the bones. Drain the fish, cut it in small pieces, add the white sauce and cook until tender. Combine with the beaten egg yolk just before serving. Pour into a border of the potato or rice and garnish with parsley minced fine.

Creamed Codfish with Hard-Cooked Eggs

Add three sliced hard-cooked eggs to the preceding recipe.

Coddled Codfish

½ pound salt codfish, flaked
3 eggs
2 cupfuls milk
1 tablespoonful butter or oleomargarine
Few grains pepper and salt
Buttered toast

Freshen the codfish for an hour in warm water. Drain, flake, add to the milk with the butter, and bring slowly to scalding-point. Beat the eggs with a little pepper and salt, and pour the milk mixture into them. Return to a double boiler and cook until the eggs become "set," stirring gently once during the process. Then serve on toast.

Codfish Batter Cakes

½ cupful shredded codfish
1 cupful flour
⅔ cupful water
3 egg yolks
2 egg whites
½ teaspoonful melted butter

Freshen the codfish. Put the flour in a bowl, add the water gradually, beating well, and then the codfish. Beat the egg whites and yolks separately, fold them in, add the butter, and drop by small tablespoonfuls into fat hot enough to brown a bit of bread in one and one-half minutes. Drain on brown paper, and serve with white, tomato or Spanish sauce.

Fried Salt Codfish

Salt codfish
Salt pork

Soak the fish for two hours in warm water, then drain. In the meantime try out several slices of salt pork, and cook until they are crisp. Remove them from the fat, and put in the fish. Fry to a light brown on each side, about five minutes, and serve on a hot platter.

Hash-Browned Codfish

1 tablespoonful butter or bacon drippings
1 tablespoonful flour
¾ cupful milk
1 tablespoonful parsley
Dash pepper
½ cupful flaked salt codfish
2 cupfuls chopped cold boiled potatoes

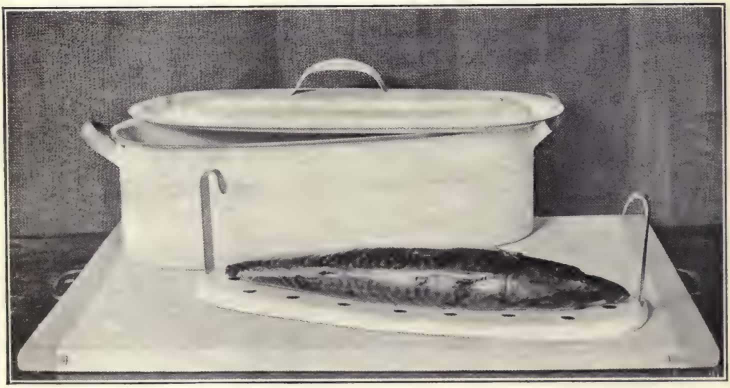
Make a sauce of the fat, flour, milk and pepper. Stir in the fish, which should be previously freshened and add the potatoes. Turn into a hot frying pan containing a tablespoonful and a half of bacon fat, press in the mixture, cover and set in the oven to bake until a rich crust is formed. Serve accompanied with cooked bacon, or an egg or tomato sauce.

Salt Codfish, with Baked Eggs

1 cupful salt codfish (flaked)
2 cupfuls milk
2 tablespoonfuls flour
Grated cheese
2 tablespoonfuls butter or bacon fat
Dash pepper
6 eggs

Freshen the codfish an hour in warm water, then make a white sauce of the flour, butter and milk. Add the fish, season to taste with pepper, pour into a shallow baking dish, and gently break the eggs, one by one, into a saucer and slip them onto the fish mixture. Sprinkle with the cheese. Set into a hot oven and bake till the eggs are firm — from ten to fifteen minutes.

Cold Boiled Salmon With Mayonnaise



Fish, Ready to Boil

Devilled Herring

2 cupfuls smoked, boneless herring, diced
½ cupful diced celery
¼ teaspoonful mustard
2 tablespoonfuls minced green peppers
¼ teaspoonful curry
3 tablespoonfuls butter
3 tablespoonfuls flour
2 cupfuls tomato juice
1 cupful buttered crumbs
¼ teaspoonful Worcestershire sauce
1 tablespoonful minced onion

Cut the herring in dice and scald. Melt the butter and fry the celery, onion and pepper in it till yellowed. Add the fish and seasonings, mix well, and gradually pour in the tomato. Let boil, and turn into buttered ramekins, cover with the crumbs, and bake till brown in a moderate oven.

Broiled Salt Mackerel

Freshen the mackerel over night in cold water. Rinse and dry thoroughly on paper toweling, and place in a well-oiled broiler directly over the coals. Broil for twelve minutes, transfer to a hot platter, and serve with lemon butter and sliced lemon.

Salt Mackerel in Milk

Soak a salt mackerel over night in cold water. Rinse and dry on paper toweling, then place in a baking pan. Dredge thickly with flour, dot with bits of butter and almost cover with milk. Bake until the mackerel is tender, about twenty-five minutes, then remove gently to a platter. Use the remaining milk in the pan for a sauce.

Broiled Smoked Salmon

For six persons allow 1¼ pounds of salmon, cut ¼ inch thick. Scald, drain, dry well and broil very slowly from ten to twelve minutes. Transfer to a hot platter, and spread a little butter over the top. Re-heat in the oven for a moment and serve. This is a delicious tidbit to serve with eggs.

Casserole of Smoked Salmon

2 pounds smoked salmon
4 small onions
1 cupful canned peas (if convenient)
Bit bay leaf
A little lemon peel
6 quartered potatoes
¼ teaspoonful pepper
4 tablespoonfuls butter or drippings
1 cupful rich milk
Dried bread crumbs

If the salmon is very salt, scald it with boiling water, then cut it in pieces suitable for serving. Chop the onion. Place the fish, potatoes, onion (and peas if used) in alternate layers in the casserole, sprinkling the crumbs, which should be stirred in the melted butter, throughout the mixture. The bay leaf and lemon peel should be placed in the middle. Cover the mixture with boiling water, or soup stock, and bake slowly for an hour, adding the milk just before serving.

Smoked Salmon (*Chartreuse*)

1¼ cupfuls brown or uncoated rice
2 teaspoonfuls curry powder
2 tablespoonfuls butter
2½ cupfuls flaked, smoked salmon
1 tablespoonful lemon juice
⅛ teaspoonful pepper
½ teaspoonful onion juice
¾ cupful milk
2 tablespoonfuls flour
2 tablespoonfuls butter

Scald the salmon. Boil the rice as usual and stir lightly into it the curry powder, creamed with two tablespoonfuls of the butter. Make a thick sauce of the butter, flour and milk and add the fish, lemon juice, pepper and onion juice. Line a well-buttered bread pan with the rice. Pack in the fish mixture, put a layer of rice over the top, and steam or bake in the oven for thirty minutes. Serve with creamed peas.

Devilled Smoked Salmon

1 pound smoked salmon
4 tablespoonfuls olive oil
2 tablespoonfuls vinegar
2 cloves
Bit bay leaf
6 peppercorns

Pour a marinade made of a mixture of all the ingredients over the salmon and let stand for several hours. Then fry the slices in a good salad or cooking oil, and serve at once, garnished with sliced lemon.

Turban of Smoked Salmon with String Beans

¾ pound, or 1½ cupfuls minced salmon (smoked)
1 cupful soft bread-crumbs
¾ cupful milk
4 tablespoonfuls butter
2 eggs
1 tablespoonful minced parsley
¼ teaspoonful onion juice

Scald the salmon, then mince very fine. Cook the crumbs and milk together to a smooth paste, add the butter, parsley and onion juice, and turn into the fish. Beat the egg yolks till lemon-colored, add to the mixture and fold in the whites, beaten stiff. Turn into a well-oiled ring mould, surround with boiling water, and bake until firm, about twenty-five minutes. Unmould, fill the center with well-seasoned string beans and serve with a white or egg sauce.

Smoked Halibut, Pilau

- 1 pound smoked halibut
- ¾ cupful brown or uncoated rice
- 2 cupfuls water or soup stock
- ½ cupful stewed tomato
- 1 tablespoonful minced onion
- 3 tablespoonfuls butter or drippings
- 1 teaspoonful salt

Scald the halibut, then drain and simmer gently till tender. Remove the bones, flake the fish and re-heat in the fat. In the meantime cook the rice, salt and onion together in the water or stock, and when almost done turn in the tomato. Cook until dry, pour onto the platter, turn the fish over it, and serve very hot.

Smoked Halibut Ramekins

- 1 cupful shredded, smoked halibut
- 1½ cupfuls milk
- 1 tablespoonful butter
- 1½ tablespoonfuls flour
- Pepper to taste
- 3 eggs
- 1 tablespoonful minced onion
- 1 tablespoonful minced parsley
- Grated cheese
- Bread crumbs

Make a sauce of the milk, butter, flour and pepper. Add the halibut, which should be scalded, the onion, parsley and eggs, slightly beaten. Put into buttered ramekins, sprinkle with buttered bread crumbs and strew with the cheese. Set in a pan of hot water and bake for twenty minutes in a moderate oven.

Smoked Halibut *en Crème*

- 2 cupfuls flaked, smoked halibut
- 2½ cupfuls milk
- 2 tablespoonfuls butter
- 2½ tablespoonfuls flour
- Pepper
- 3½ tablespoonfuls minced pimentoes

Scald the halibut. Melt the butter, turn in the pimentoes, and cook till softened, then add the flour and milk to make the sauce. Add the halibut with pepper to taste, let become very hot and serve in a wall of mashed potatoes, on a bed of plain boiled macaroni, or with potato, or plain rice croquettes.

Casserole of Smoked Halibut

1½ pounds smoked halibut
3 small onions
½ cupful carrots cut in strips
Boiling water
Bread crumbs
6 quartered potatoes
¼ teaspoonful pepper
1½ cupfuls tomato juice
4 tablespoonfuls butter or drippings

Brown the carrots and onions in the fat, and parboil the potatoes for five minutes, then drain and rinse them. Scald the fish and cut in pieces suitable for serving. Put a layer in the casserole, then some crumbs and vegetables, more fish, etc., continuing until all is used. Barely cover with the tomato juice (drained from canned tomatoes) and water, cover, and bake for an hour.

Finnan Haddie, Baked in Milk

Soak finnan haddie in hot water to cover for one hour. Place on a baking pan or platter, sprinkle plentifully with flour, dot with butter and add a dash of pepper. Cover with hot milk and bake until tender, about twenty-five minutes, in a hot oven.

Broiled Finnan Haddie, with Cream Sauce

Soak the finnan haddie for twenty minutes in warm water. Drain and dry thoroughly. Brush with melted butter and broil until brown on both sides. Place on a heated platter, dot with butter and serve, after re-heating an instant in the oven.

Finnan Haddie, with Tomatoes

1½ pounds finnan haddie
2 tablespoonfuls flour
3 tablespoonfuls butter
Dash pepper
2 cupfuls tomato juice
2 tablespoonfuls minced green pepper or pimentoes
3 tablespoonfuls minced onion

Scald the finnan haddie, and then boil it gently for thirty minutes. Flake into large bits, carefully removing all the bones. Melt the butter in a saucepan, fry the onion and pepper in it until softened, add the flour and, gradually, the tomato juice. Let it boil, add the fish, and when it becomes very hot serve with plain boiled and seasoned macaroni, spaghetti or noddles.

Finnan Haddie, with Puffed Potato

2½ pounds finnan haddie
3 cupfuls mashed potato
1 egg
Strips of bacon, or pimentoes
Milk

Scald the finnan haddie to freshen it, dry thoroughly and brush with melted drippings. Then broil. Cut in pieces suitable for serving. Have ready three cupfuls of well-seasoned mashed potato, beaten until creamy, whip in the egg yolk, and one egg white beaten stiff, pile onto the fish, brush lightly with milk and garnish with pimento strips, or thin slices of bacon. Set in a hot oven until the bacon is cooked and the potato browned. Serve at once. The garnish may be omitted.

Finnan Haddie, Newburg

2 cupfuls bits of broiled finnan haddie
2 cupfuls milk
2 tablespoonfuls flour
¼ teaspoonful salt
Few grains red pepper
4 tablespoonfuls butter or oleomargarine
2 tablespoonfuls green peppers (minced)
1 tablespoonful pimentoes, minced
3 hard-cooked eggs
½ teaspoonful lemon juice

Cook the peppers and pimentoes, until softened, in the butter, then add the flour, hard-cooked egg yolks, and, gradually, the milk. Then turn in the finnan haddie and egg whites, sliced. Let stand to become very hot. Add the lemon juice and serve on buttered toast, or boiled brown rice.

CHAPTER XI

THE FRYING OF FOOD

ALL MEASUREMENTS ARE LEVEL

FATS SUITABLE FOR FRYING

Several fats may be used for frying, the ideal being a vegetable oil; olive oil gives the best results, but as this is too expensive for the average purse, any of the prepared cooking oils are next best, while lard and beef fat, and odds and ends of household scraps, follow in the order given. Butter or oleomargarine should never be used for frying, as either burns at too low a temperature. A mixture of two-thirds lard and one-third home-rendered beef fat gives excellent results, and is used by chefs the world over, because it produces a rich brown color unequalled by any other fat.

Rendering or Trying Out Beef Fat

To try out beef fat for frying, cut it in small pieces and let it stand over night in cold salted water. Then drain, add a cupful of cold water to each two pounds of fat, and cook gently on the back of the range or in the oven, until the fat is clear, all bubbling has ceased, and the " scrapple," or " crackling," is crisp and brown. It may then be strained through a cloth into a clean pail or can, allowed to stiffen, and be kept indefinitely in a cool place.

Clarifying and Preparing Left-Over Fats

Mutton fat may also be used in the frying kettle, provided that it is soaked for twenty-four hours in cold salted water, the latter being changed every few hours to wash out the " wooly taste."

To prepare fat from corned beef, the soup kettle, etc. for frying, let it rise to the top of the liquid and solidify. Then remove it to the fat pan, add a little baking soda and cold water barely to cover, and let it cook slowly until the water has evaporated; or the water may be omitted, the soda and slices of raw potato being added to the fat instead. When the potato has become brown the fat will be clarified. Most of the odors and flavors of the meats and vegetables pass off in the steam from the water or from the water of the potato.

Using Savory Fats

Ham, chicken, bacon and sausage fat should not be put into the frying kettle, but be reserved for sautéing or frying in a skillet.

To Try Out Chicken Fat

Remove all particles of flesh and bits of blood from the chicken fat. Let the fat stand for an hour in cold, salted water. Then drain from the water, put in an open pan, and try out slowly in the oven, pouring off the melted fat as fast as it accumulates. Goose fat may be treated in the same way.

Utensils for Deep-Fat Frying

Several utensils are needed for deep-fat frying. A frying basket and a substantial deep iron or steel kettle, with a wide bottom to allow a generous heating expanse, so that it is not necessary to set the kettle directly over the fire, are the essentials. The kettle should be heavy enough so that it cannot be easily tipped, and deep enough so that all possibility of "boiling-over" fat will be avoided. The utensil should be kept for one purpose, as, despite the most scrupulous care, it will become permeated with fat, thus imparting a disagreeable flavor to any food boiled in it.

When to Fry in Deep Fat

Deep-fat frying is used for various foods; croquettes, fish-balls, thin meats, like veal steak or chops or chicken, small fish, as oysters, smelts or brook trout, fritters, doughnuts, fried cakes, and several vegetables as well can be cooked in it with much less trouble and better results than in the skillet. It is necessary to know the exact time each must cook before attempting this method.

Croquettes, which are always made of cooked ingredients, as chicken, potato, salmon, etc., simply need to be browned, and re-heated in the hot fat. When it is of the right temperature, they can almost be immersed and then be immediately lifted out — when they will be brown, crusty and hot. Uncooked mixtures, like doughnuts, fritters, and fried cakes, must be cooked more slowly, as, otherwise, the very hot fat will cause a crust to form before they have risen properly, and the expanding gases will burst through the crust, causing the food to "soak fat." Potatoes for French frying need a still longer time, while raw meats cannot cook under five to seven minutes.

The old-fashioned "smoke test" to ascertain the readiness of fat for cookery is not satisfactory, as any fat that smokes is burned, and, therefore, broken up. It is because of this fact that fried food disagrees with so many. The term "when the fat boils" is still in common usage; but fat itself cannot boil; it is the water within it that becomes hot, generates steam, and causes the fat apparently to "boil." That is why, when wet potatoes are submerged in it, the fat rises as in boiling, and, unless the kettle is sufficiently deep, effervesces over the sides to the heat and may cause a fire. The only easy kitchen test for the temperature of fat is with a bit of bread. The length of time which is consumed in browning the bread determines the readiness of the fat for each particular food. The time must be measured by the clock to insure success in using this method. The following table gives the exact time needed to brown the bread in testing for each food:

Time Table for Frying in Deep Fat

Croquettes and Oysters	40 seconds
Doughnuts, Fritters, etc.	1 minute
Small Fish	1 minute
French Fried Potatoes	1½ minutes
Raw Meat	2 minutes

How to Prevent the "Soaking of Fat"

In order to prevent "soaking fat ' all foods cooked in deep fat should contain, or else be coated with, some albuminous substance, such as egg or milk. As heat has the power of hardening albumen at once (as in the frying of eggs) a coating is immediately formed through which the fat cannot penetrate, if it is of the right temperature.

Egging and Crumbing Croquettes

In making croquettes it is customary to prepare the mixture, form it into any shape desired, roll it in crumbs or flour, then in egg whites and water (¼ cupful of water mixed with an egg white will cover six croquettes) and again in crumbs or flour. (A half tablespoonful of gelatine, softened and dissolved in a half cupful of boiling water, may be substituted for the egg.) With egg, dry, sifted bread crumbs are used, while flour or meal is combined with milk as either will absorb the excess liquid. Either combination forms a delicious thin crust, through which the juices of meat, for instance, cannot escape, any more than the fat can enter. Care must be taken absolutely to cover every part of the croquette with the coatings, or the fat will enter at the exposed part and cause the croquette to burst.

How to Fry Foods in Deep Fat

One or two eggs are always added to the batter for doughnuts or fritters; this acts just as the egg with which the croquette is coated, and keeps out fat. If the dough is too short, however, fat will be absorbed. Drop the batter by tablespoonfuls into the hot fat. Meats or small fish should be "coated" according to the directions given for croquettes. French fried potatoes, fish, meat and croquettes should be placed in the frying basket before being lowered into the fat, as by this means several articles can be cooked at once, and be quickly removed when done. Doughnuts and fritters should be slipped directly into the fat without aid of the basket, and, as they should rise immediately to the surface, they can be readily removed with a long-handled fork. It is never necessary to "turn" a fritter or doughnut, as when they are "done" on one side, the heavier weight of the uncooked dough on the top will cause them to turn over without assistance. In frying, no article should touch another, as steam will be created at the point of contact, which will cause the crust to burst. No matter what the food, it should always be drained on crumpled brown paper or paper toweling before serving.

With the right care, fat will last as long as a drop remains. When nearly cold, it should be put through a fine strainer or cloth into a clean can; after being used several times, it will not color the foods well and, when cooked, they will have a slightly unpleasant taste. It must then be clarified. This is done just as the left-over fat is prepared for the frying kettle — by heating with the sliced raw potato and soda.

It may seem on first thought that deep-fat frying is more troublesome than in the ordinary skillet. When it is considered how quickly the foods cook, and how much easier it is to prepare them in this way, instead of standing over the hot stove to watch the skillet, and when the saving in fat is recalled, any housewife will adopt this method if she must fry at all

Various fires have resulted from careless handling of the deep-fat kettle, but just as many fires can occur from the fat-laden spider; and any careful housewife, whether she fries, or broils or cooks in any way, will have at least a pail of sand in her kitchen to meet such an emergency. This will quench any fire — from burning fat or oil, or blazing paper, and this little timely precaution in the kitchen may be the means of avoiding serious accident and saving hundreds of dollars' worth of property.

CROQUETTES

Shaping Croquettes

Croquettes should be made rather small, as they will then heat through while the outside is browning. A good standard measurement is a rounded tablespoonful of the mixture to a croquette. In shaping, first make them into balls, having the mixture as soft as it can possibly be handled and cuddling, rather than pressing, it into shape. Roll these balls lightly in flour or fine crumbs. When all have been formed into balls, start at the beginning again and give them any shape desired, either cylindrical, in the form of cutlets, or pyramids.

Then egg and crumb. If they are allowed to stand a few minutes after the first shaping, they can be easily handled.

General Recipe for Croquettes

2 cupfuls finely-minced meat or fish
1 egg yolk
½ cupful White Sauce No. 3
Seasoning to taste

Put together in the order given. Form into balls, or whatever shape may be desired, egg and crumb, and fry as directed.

Potato Croquettes

2 cupfuls hot riced potatoes
2 tablespoonfuls butter
½ teaspoonful salt
⅓ teaspoonful pepper
¼ teaspoonful celery salt
Few grains cayenne
Few drops onion juice
1 egg yolk
1 teaspoonful minced parsley
Milk, or cream, to moisten, if necessary

Mix the ingredients in the order given and beat thoroughly. Shape into balls. Egg and crumb, and fry as in general directions.

Potato and Ham Croquettes

Prepare the mixture as for Potato Croquettes, and add ¾ cupful of finely-minced ham. Egg, crumb and fry as in general directions.

Potato Croquettes *en Surprise*

Prepare the mixture as for Potato Croquettes, embedding in the center of each a small piece of cooked sausage. Egg, crumb and fry as in general directions.

Potato and Nut Croquettes

Prepare the mixture as for Potato Croquettes, and add ¾ cupful of chopped peanuts, black walnuts or hickory nuts. Egg, crumb and fry according to general directions.

Potato and Cheese Croquettes

Prepare the mixture as for Potato Croquettes, and add to it ¾ cupful of grated American cheese. Egg, crumb and fry as in general directions.

Sweetbread Croquettes

1 cupful finely-chopped cooked sweetbreads
1 cupful chopped, cooked mushrooms
½ cupful thick white sauce
1 egg yolk
Few grains mace
Few drops onion juice
½ teaspoonful lemon juice
Salt and pepper to taste

Mix the ingredients in the order given. Egg, crumb and fry as in general directions.

Meat and Apple Croquettes

1 pound chopped raw meat, any kind
1 tart apple
1 egg
1¼ teaspoonfuls salt
⅛ teaspoonful pepper
Flour

Peel the apple and grate it. Mix it with the meat, the egg, and seasonings and form into small, flat croquettes. Roll these in flour and fry in deep fat hot enough to brown a bit of bread in two minutes. Drain on crumpled paper and serve garnished with parsley.

Sweet Potato Croquettes

2½ cupfuls riced sweet potato
2 tablespoonfuls butter
2 tablespoonfuls milk or cream
1 well-beaten egg
½ teaspoonful salt
3 tablespoonfuls chopped almonds (optional)
Few grains pepper

Mix the ingredients in the order given, shape and cook according to general directions.

Corn Croquettes

1 can corn
½ green pepper, minced
½ tablespoonful parsley, minced
½ teaspoonful salt
⅛ teaspoonful pepper
¼ cupful butter or oleomargarine
6 tablespoonfuls flour

Remove the core and seeds from the pepper; then mince it. Let it boil two minutes, drain and add to the corn with the seasonings. Heat the mixture to boiling point and thicken with the fat and flour rubbed together. The exact amount of flour varies with the wetness of the corn. Chill the mixture and form into balls, egg and crumb and fry according to general directions.

Egg Croquettes

6 hard-cooked eggs
2 tablespoonfuls butter
1 tablespoonful minced onion
6 tablespoonfuls flour
1 tablespoonful pounded sardines or anchovies
½ teaspoonful salt
⅛ teaspoonful pepper
¾ cupful white soup stock

Hard cook the eggs, then cool and chop them. Cook the butter and onions together for three minutes, then add the flour and stock. Let boil, turn in the anchovies and season. Add the eggs, cool, shape like eggs, egg and crumb and fry according to general directions.

Lentil Croquettes

1 cupful lentils
1 cupful cooked brown or uncoated rice
1 egg yolk
1 teaspoonful salt
Few stalks celery
1 teaspoonful minced parsley
¼ teaspoonful onion juice
⅛ teaspoonful pepper
Grating of nutmeg

Soak the lentils over night. Wash thoroughly, drain, add the celery, cover with boiling water and cook until the centers are tender. Drain well again and press through a colander. Add the rice, the egg and other seasonings. Cool and form into balls, and cook according to general directions.

Cheese Croquettes

3 tablespoonfuls butter
½ cupful flour
1 cupful milk
1 egg
1¼ cupfuls chopped American cheese
½ teaspoonful salt
⅛ teaspoonful paprika

Make a white sauce of the butter, flour, salt, paprika and milk. Mix together the cheese and the egg, add to the sauce and cook until the cheese is melted, then chill. Shape into balls, egg, and fry according to general directions.

Tuna Fish Croquettes

2 cupfuls flaked tuna fish
¾ cupful White Sauce No. 3
Few grains cayenne
2 teaspoonfuls lemon juice
½ teaspoonful salt

Add the sauce to the fish with the lemon juice, salt and cayenne. Cool thoroughly, then shape, egg, crumb, and cook according to general directions.

Serve with white sauce containing sliced stuffed olives and a chopped hard-cooked egg.

Shad Roe Croquettes

1 pair shad roe
1 egg
3 tablespoonfuls melted butter
½ teaspoonful salt
⅛ teaspoonful pepper
Cracker crumbs

Simmer the shad roe for twenty minutes in water to cover, containing two cloves, a bit of bay leaf and a sliced onion. When tender, pick in bits with a fork, and mix with the butter, salt, pepper and egg, unbeaten, adding the crumbs as necessary to thicken. Serve with horseradish sauce.

Salmon Croquettes

2 cupfuls cold flaked salmon
½ cupful White Sauce No. 3
Few grains cayenne
1 teaspoonful lemon juice
½ teaspoonful salt
2 tablespoonfuls minced green pepper (optional)

Add the 2 tablespoonfuls of minced green pepper (optional) and the sauce to the salmon, then the seasonings. Cool and shape, egg and crumb, and cook according to the general directions. Serve with peas, white sauce, or egg sauce.

Oyster Chops

1 cupful steamed oysters
1 cupful cooked veal
3 tablespoonfuls butter
6 tablespoonfuls flour
¾ cupful cream or undiluted evaporated milk
1 teaspoonful parsley
¾ teaspoonful salt
Few grains cayenne
Few grains nutmeg
1 tablespoonful lemon juice

Steam the oysters, chill, cut in small pieces and mix with the veal, minced. Make a sauce of the butter, flour, cream and seasonings. Add the oyster mixture, chill and form into chop shapes, egg, crumb and cook according to the general directions.

Halibut Chops

2½ cupfuls cold flaked halibut
3 tablespoonfuls butter
6 tablespoonfuls flour
1¼ cupfuls hot milk
1 teaspoonful onion juice
½ teaspoonful lemon juice
1 teaspoonful salt
Few grains pepper
Few grains mace
1 teaspoonful minced parsley

Make a sauce by melting the butter, and stirring in the flour and hot milk. Add the seasonings, and the remaining ingredients. Combine with the fish, cool, shape into cutlets, egg, crumb and fry according to the general directions for croquettes.

Serve with creamed peas, tomato or egg sauce around a mould of mashed potato.

Veal Croquettes

2 cupfuls chopped, cooked cold veal
½ teaspoonful salt
⅛ teaspoonful pepper
Few grains cayenne
¼ teaspoonful onion juice
1 egg yolk
¾ cupful White Sauce No. 3 made with stock

Mix the ingredients in the order given. Cool, form into the desired shape, egg and cook according to the general directions.

Chicken Croquettes

1½ cupfuls chopped cooked chicken
½ cupful White Sauce No. 3
1 egg yolk
Salt
Paprika
Celery salt
1 teaspoonful lemon juice

Combine the chicken and sauce and season to taste; stir in the egg yolk and let chill. Form into cutlet shapes, egg, crumb and fry according to the general directions.

Plain Rice Croquettes

½ cupful uncoated or brown rice
1 cupful boiling water
1 cupful scalded milk
½ teaspoonful salt
2 egg yolks
1 tablespoonful butter

Wash the rice, add to the water with the salt, cover and steam until the rice has absorbed the water. Then add the milk, cover and steam until the rice is soft. Remove from the heat, add the egg yolks and butter, and cool. Shape into balls, egg, crumb, and fry according to general directions. Or, form into nest-shape, fry and put a cube of jelly in each croquette, arrange on a folded napkin and garnish with parsley.

Sweet Rice Croquettes

¾ cupful uncoated rice
2½ cupfuls milk
½ teaspoonful salt
2 egg yolks
3 tablespoonfuls butter
¼ cupful sugar
¼ cupful figs cut in small pieces

Cook the rice in milk in a double boiler until tender and dry — about an hour. Stir in the butter, sugar and figs with a fork, add the egg yolk, beaten, and cool. Then form into balls, egg and crumb, and fry according to the general directions. Serve with fresh sliced peaches or peach sauce.

Dried Peach and Rice Croquettes

½ cupful uncoated rice
½ cupful boiling water
½ cupful dried peach pulp and
¾ cupful liquid in which it was cooked
½ teaspoonful salt
Grating lemon rind

Add the rice to the water with the salt, cover and steam until the water has been absorbed; then add the fruit, fruit juice and lemon rind; stir lightly with a fork, cover and steam until the rice is done. Cool, form into croquettes, egg, crumb and fry according to the general directions.

Banana Croquettes

3 bananas
1 orange or lemon
Powdered sugar

Cut the bananas in halves crosswise, making the ends square. Place in an earthen bowl and squeeze the juice of half an orange or a lemon over them. Sprinkle with powdered sugar, cover and let stand thirty minutes. Drain, egg, crumb and fry according to general directions. Serve with hot lemon or cold orange sauce.

FRITTERS AND DOUGHNUTS

Batter for Fritters

1 cupful flour
¼ teaspoonful salt
⅔ cupful milk
2 eggs
½ teaspoonful melted butter

Mix the salt and flour, and add the water gradually, beating with an egg-beater; stir in the egg yolks, beaten till lemon-colored. Add the butter and then the egg whites, beaten stiff. This may be kept over night if the egg whites are not added.

Apple or Peach Fritters

Apples
Batter for fritters
Powdered sugar

Pare and core the apples and cut in rings crosswise. Sprinkle with powdered sugar and let stand for twenty minutes, then dip in the batter. Fry in deep fat, according to the general directions. Drain on crumpled brown paper and dust with powdered sugar. If desired, three apples may be pared, cored and cut into bits, then stirred into the batter and fried. Peaches may be used in the same way.

Banana Fritters

4 bananas
Powdered sugar
½ tablespoonful lemon juice
½ tablespoonful grated orange rind
Batter

Remove the skins from the bananas. Scrape off the white cellulose, cut in halves lengthwise, and cut the halves in two pieces crosswise. Sprinkle with the powdered sugar, lemon juice and orange rind. Cover and let stand thirty minutes. Then dip in the batter, fry in deep fat, and drain on brown paper. Sprinkle with powdered sugar.

Prune Fritters

1 cupful flour
¼ teaspoonful salt
⅔ cupful water
3 egg yolks
2 egg whites
½ teaspoonful melted butter
1 cupful stoned and halved cooked prunes

Mix together the dry ingredients, beat in the water, then the egg yolks, well-beaten, and the butter. Add the prunes, then the well-whipped egg whites, and fry in deep fat, hot, according to general directions. Drain on brown paper, dust with powdered sugar and serve with a thickened prune sauce. This is an excellent way to utilize leftover prunes.

Sponge Banana Fritters (Miss Bruso)

1 cupful flour
2 teaspoonfuls baking powder
3 teaspoonfuls powdered sugar
3 bananas
¼ teaspoonful salt
1 egg
¼ cupful milk
1 tablespoonful lemon juice

Mix and sift the dry ingredients. Beat the egg well, add the milk and combine with the dry ingredients. Beat till smooth. Put the bananas through a potato ricer and add with the lemon juice. Fry according to general directions for fritters, drain on paper and serve with lemon or orange sauce.

Cranberry Fritters (To Serve with Turkey)

1 cupful flour
2 teaspoonfuls baking powder
1½ tablespoonfuls powdered sugar
¾ cupful cranberries cooked in syrup
¼ teaspoonful salt
1 egg
2 tablespoonfuls milk
½ tablespoonful lemon juice

Mix and sift the dry ingredients. Beat the egg well, add the milk and turn into the dry ingredients. Beat until smooth, then add the cranberries and the lemon juice. Fry in deep fat according to the general directions for fritters, and drain on crumpled brown paper. Dust with sifted powdered sugar, and serve with cranberry syrup.

Graham Drop Fritters

⅔ cupful graham flour
⅔ cupful bread flour
2½ teaspoonfuls baking powder
1 egg
½ teaspoonful salt
2 tablespoonfuls Barbadoes molasses
½ cupful milk

Mix the dry ingredients; stir together the milk, molasses and the egg, well-beaten. Pour into the first mixture, beat thoroughly and fry in deep fat according to general directions. Drain on brown paper. Serve with cheese sauce as a substantial dish; for dessert with melted jelly; or for breakfast with maple or brown sugar syrup.

Corn Fritters

1⅓ cupfuls flour
2 teaspoonfuls baking powder
½ teaspoonful salt
1 egg
1 cupful canned corn pulp

Mix together the dry ingredients, add the egg, well-beaten and mixed with the corn pulp. Fry in deep fat according to the general directions for fritters and drain on crumpled paper.

Clam Fritters

2⅔ cupfuls flour
4 teaspoonfuls baking powder
¼ teaspoonful salt
1 egg
1 pint clams

Clean the clams and cut them in half-inch pieces. Mix together the dry ingredients, then add the egg, well-beaten and mixed with the clams. Fry in deep fat according to the general directions for fritters.

Ball Fritters

4 tablespoonfuls butter or oleomargarine
½ cupful boiling water
½ cupful flour
½ teaspoonful lemon juice
Grating lemon rind
2 eggs
Few grains mace

Melt the butter in the water, then add the lemon juice and flour, cooking over a slow heat until the mixture leaves the sides of the pan and clings to the spoon. Cool, add the lemon rind, and the eggs one by one, then drop by teaspoonfuls into fat hot enough to brown a bit of bread in sixty seconds. Serve with maple syrup or caramel sauce.

Sweet Milk Doughnuts

¾ cupful sugar
2 eggs and 1 egg yolk
1 cupful milk
2 tablespoonfuls butter or 1 tablespoonful drippings
¼ teaspoonful cinnamon
1½ teaspoonfuls salt
2¼ teaspoonfuls cream of tartar
1 teaspoonful soda
5 cupfuls bread flour

Beat the eggs, then add the sugar, creaming well, and the milk. Have the flour, cinnamon, soda and cream of tartar well-mixed together, and pour the first mixture into it, beating well. Add the butter, melted, then take out a little at a time, toss on a floured board, knead slightly, roll to one-quarter inch in thickness and cut into rings. Fry in deep fat according to the general directions.

Sour Milk Doughnuts

4½ cupfuls bread flour
1½ teaspoonfuls salt
1 teaspoonful soda
¼ teaspoonful nutmeg
¼ teaspoonful ginger
1 cupful sugar
1 cupful rich sour milk
1 egg

Mix together the dry ingredients, add the sugar and egg, well-beaten together, and the sour milk. Mix thoroughly, toss on a floured board and knead slightly. Roll out to one-quarter inch thickness, cut in rings and fry in deep fat according to the general directions.

Raised Doughnuts (From Bread Dough)

3 cupfuls bread dough
3 tablespoonfuls melted butter
¾ cupful sugar
2 eggs
¼ teaspoonful cinnamon
¼ teaspoonful nutmeg

When the dough is ready to be formed into loaves, add the ingredients and blend with the hand. Let rise till doubled in bulk, then roll into a thin sheet and cut into rings. Let stand on floured board till doubled, then fry in deep fat, according to the general directions. Drain on paper and roll in granulated, or sifted powdered, sugar.

Raised Doughnuts (Mrs. Kennedy)

4 tablespoonfuls butter or oleomargarine
⅔ cupful sugar
1 egg
1 cupful scalded milk
¼ teaspoonful salt
¼ teaspoonful nutmeg
1 yeast cake, dissolved in
⅓ cupful tepid water
4½ cupfuls bread flour

Cool the milk till tepid. Add the yeast and 1½ cupfuls of the flour. Let rise till spongy, then add the sugar, salt, egg and nutmeg, and the remaining flour, beating it in well. Let rise three hours, cut down, turn on a floured board, roll out, shape, let rise till double (about one hour), and fry in deep fat according to general directions. Drain on paper, and roll in powdered or granulated sugar.

Swedish Timbales

2 eggs
1 cupful flour
1 teaspoonful sugar
½ cupful milk
½ teaspoonful salt
1 tablespoonful olive oil

Mix in the order given, but do not separate the eggs;

beat the mixture as little as possible. The timbale iron must be heated in the kettle of deep fat, drain it, wipe on clean paper and dip into the batter, which should be in a large cup or pitcher. Hold the iron there till a coating of the batter adheres to it, then put it back in the fat and cook till crisp and light brown. Drain on paper.

CHAPTER XII

MEATS

HOW TO BUY MEATS

ALL MEASUREMENTS ARE LEVEL

As meat plays such an important rôle in the menus of most households, every housewife should have a thorough understanding of how to buy meats, not only that she may thus be able to spend economically but also that she may serve the most wholesome foods. The complaint is often made that meat is too high, but the butcher is seldom charging more than a reasonable price. His cost of doing business has increased rapidly during recent years — he has to pay higher wages as well as deliver his packages, which were formerly carried home by the purchasers. All these " extras " count and if we demand this service we must be prepared to share our part of the cost.

There are three grades of meat — good, second best and poor. The first is sold mostly to hotels and clubs, as it is very heavy and expensive. The second is carried in first class markets and is of the same quality as the first but from lighter cattle. The third is sold only in the cheap markets. The cheapest grades do not contain so much nourishment as the better beef, for low-priced cattle are usually fed on brewers' grains, cotton-seed meal and the like, which fatten the cattle but produce soft, flabby flesh, which shrinks to a greater extent in cooking than the better grades. Besides, there is as much bone in a poor animal as in a fat one, so that in buying cheap grades one pays for a larger percentage of bone. Good beef has firm fat, tinged with pink, and the meat is interwoven with threads of fat. Poor beef has a very yellow fat and the meat is lean and scraggy, and even the porterhouse is tough.

Meat is cut in different ways in different sections of the country, but the underlying principles are the same. A side of beef is always divided into a forequarter and hindquarter, the latter containing the loin, from which the highest priced steaks and roasts are cut. It is an easy rule to remember that meat is most expensive in the center of the animal and cheaper at the extremities, for the latter are toughened through muscular action. Most people do not like the cheap cuts because they are unable to make them tender through cooking, and they therefore buy steaks and roasts. This excess demand makes steaks and roasts unduly high in price in comparison with the food value which they furnish. Most people overlook the fact that most of the inexpensive cuts have little waste, so that besides costing less per pound the meat goes twice as far. The waste from a two-pound sirloin steak, for instance, averages about three-quarters of a pound. In France, all cuts of beef are frequently sold at one price, because it is almost impossible to dispose of the so-called better cuts on account of their greater amount of waste.

Too many housewives buy in unnecessarily small quantities — veal cutlet to-day, a small roast of beef to-morrow, chops after that, and so on — something different for every day. If one can afford to do so, this practice may be followed, but if one's means are limited, it is far better to buy in quantities sufficient for three days at a time. It is not necessary always to prepare the meat the same way, for the butcher will gladly cut it for different uses.

Take a chuck rib weighing fourteen and a half pounds as an illustration. Properly cut this piece of beef would provide two and a half pounds of soup meat, three pounds of beef for a pot-roast, a five-pound roast from the eye-piece, and four pounds of bone and fat. The bone is useful for soup stock and the fat can be rendered for cooking. At average prices the housewife would save about thirty-five cents by buying the entire chuck rib.

Most of the corned beef comes from the plate — part of the hind quarter. There is more waste to the cheaper cuts of corned beef than to those of higher price, because they contain more bone and a larger proportion of fat. Five pounds of corned beef from the navel, when boned, will only produce two and three-quarter pounds of clear meat, so that the actual cost is more than if the best cut had been bought in the first place.

It often pays to corn beef at home. In case one buys a quantity of meat at a time, as when purchasing a chuck rib or the aitch bone — sold in the east — part of it can be put into brine, or, if one wants a cheap cut, fresh meat can be bought — the butcher will bone it — and the bones can be used for stock, instead of throwing them away, as is done when they have been corned.

To Corn Beef

To corn beef, dissolve rock salt in water until it will float a raw potato. Plunge in the meat, weight it, cover and let stand in a cool place from two to four days, according to the degree of saltness desired.

The Cheaper Cuts

Brisket is equally good corned or fresh, although it contains considerable bone, a six-pound piece giving three pounds of meat to pot-roast, two and a half pounds of bone for stock, and a half pound of fat to render for cooking.

A good cook prepares fresh brisket, slicing it when it is done, and pouring over the stock in which it is cooked, letting the meat drink it up. This is served with a horse-radish sauce and plenty of mashed potato, sprinkled with fried onions. Potato pancakes may be served instead of the mashed potato.

Another inexpensive cut is flank steak. This can be scored and fried and served with a tomato sauce, or it can be made into "blind duck." To do this it should be stuffed with chopped onions and potatoes, well-seasoned with salt, pepper and sage, tied securely and braised. Or it can be used for beef roulades, with vegetables, in a stew, or boiled and made into a pie. It is clear meat with no waste, when well trimmed.

Flank Fat and Kidneys

Flank fat can be rendered with practically no waste and sells for about the same price as suet. It is not economy to buy very cheap fat, for it contains so much meat fiber that is waste. In fact it always pays to purchase meats that are well trimmed, at a higher price per pound than to buy cheaper grades that contain a great deal of waste.

Kidneys are an inexpensive article and they may appear on the table in a variety of forms.

The Rump and Round

The rump weighs about twelve pounds and furnishes a fine pot-roast or corned beef, with soup stock from the bones.

The round is divided into two parts, the top and bottom, which are generally cut up into steaks, those from the top being the best. The bottom cuts, however, if cut from good beef, are tender. They will " go further " if cooked en casserole, or rolled up and braised like a " blind duck " and served with plenty of gravy. A thirty-pound round cuts up into about twenty pounds of steak, the balance going into chopped meat and trimmings. When chopped meat is offered for sale at a low price, it almost certainly contains a high percentage of fat, and sometimes a great deal of water, for it is just as easy to " plump " beef as chicken or oysters. It is more economical to pay a little more and get honest meat. If the butcher will not let you see his meat chopped, it is wise to grind the meat at home.

The Horseshoe of Beef

The horseshoe is a small piece of clear meat which weighs about two pounds and a half and which makes an excellent pot-roast or stew.

The Leg of Beef

The leg weighs about nineteen pounds and contains about five and a half pounds of meat and fourteen pounds of bone. Thus it does not pay to buy the entire piece, as it is much cheaper to purchase the clear meat with as much bone as is needed. This meat makes an excellent shank stew, which, to be perfect, should be accompanied by marrow balls.

A shin cut from the forequarter can also be used in a similar way. The forequarter chuck is not cheap as it contains so much bone, the amount increasing as it goes into the shoulder blade, but it makes good stew or boiled beef.

Beef Hearts, Tripe and Liver

Beef hearts are rarely kept in the average market but they furnish a good food at low cost. They average about three and a half pounds and can be stuffed and potted, or braised with vegetables. They also make excellent mince meat.

Tripe usually sells at a low price and it can be used in many ways. Beef liver is cheap, too, and, if the outer membrane is stripped off and the veins cut out, it can be scalded, dipped in flour and fried so that it will be as tender as calves' liver.

Variations in Prices

The season of the year makes considerable difference in the price of meats. From May to October the round and sirloin cuts are more in demand and, therefore, cost more. Because of this rib roasts drop in price, especially as few housewives cook roasts in summer, preferring steaks. In the fall corned beef jumps in price because the purchasers do not know that it can be boiled and pressed and served cold in summer with a crisp salad. Lamb goes up from March to May, while, if spring lamb is late, it is dear until July. Then is the time for the woman who has to be economical not to buy lamb, yet they are the very ones who do.

Buying and Cutting Lamb

As is the case with beef, there are three grades of lamb. Good lamb is not very heavy. If the leg joints are stiff, the lamb is fresh, and the fat should be firm and white. The joints of fresh lamb can be easily separated to show the knuckle, while mutton is usually splintered at the joint. An eight and a half pound forequarter will furnish two and a half pounds of stew meat, one and a quarter pounds of breast, four shoulder chops, which are excellent either pan-broiled or en casserole, and two pounds from the rack. Besides this there are enough trimmings for a barley stew, for instance. If desired, the chuck, or shoulder, can be bought separately and boned, rolled and dressed for roasting or braising; or the chuck and the breast can be purchased together, filled with a bread dressing and braised, or the shoulder can be raised off for a casserole, the four chops under the shoulder cut out, and the neck and bones used for a stew. Even a small family can dispose of a shoulder of lamb in this way — and this is economical purchasing — if the woman of the household is willing to cook.

The whole hindquarter of lamb weighs about eight and a quarter pounds and furnishes eight loin or kidney chops, a six-pound roast, and a lamb kidney, besides some trimmings.

The "pluck" includes about a pound and a half of liver and a half pound of heart.

Buying and Cutting Veal

Veal is divided like lamb and is becoming the most expensive of all meats. The shoulder and breast may be stuffed with a bread or potato and onion dressing. The neck is used for stew and the rump for pot-roasting or braising. The leg weighs about eleven pounds and contains about eight pounds of solid meat and three of bone. The fillet is cut from the leg and then cut up for roasting or into cutlets. The balance is used for stew or casserole. A large family can dispose of the whole leg of veal, but as comparatively few use the knuckle, or end of the leg, the butcher is compelled to charge a large price for the cutlets in order to make any profit.

Pork Products

Good bacon is firm and does not cook away, because it is from hogs fattened with corn; hams should be plump and round. Thin hams indicate poorly fed animals. Shoulder pork chops should be purchased to a larger extent than is the case, as they average four cents less a pound than those of the loin and contain more meat. A loin of pork for roasting averages two cents a pound less than when cut into chops and contains a third bone waste. On the other hand a fresh shoulder of ham, if well cut, is a cheaper roast and may be boned and stuffed to good advantage, while a fresh ham, although it is heavy, contains very little waste and is delicious.

Poultry

In buying chicken or other poultry, the housewife should always demand the very best quality, or the so-called "fatted" chicken, for in the end it is the cheapest. The fatted chicken of three and a half pounds, for instance, contains as much meat as the cheaper grade of four and a half pounds, as in the latter the bones and waste more than make up for the extra pound and the meat is not nearly so good.

The same rule applies to turkeys. A housewife should never over-buy, that is, secure more than she really needs. This is a mistake which most people make and the result is that many cannot afford to have turkey, when if they would buy a small turkey of the very best quality, paying perhaps a few cents more per pound, the cost would really not be too expensive for the average housewife. In most cases where a woman needs a five pound chicken the turkey need not be heavier than seven or eight pounds, as it contains more meat in proportion than a chicken.

How to Know Fresh or Young Chickens

In a young chicken of good quality the eyes will be bright and the feet smooth and rather soft, while a fowl, or older chicken, will have rough feet and, often, spurs, and the eyes will be dull. By opening the bill and smelling of the mouth, one can determine somewhat the freshness of a bird. Also by feeling of the bone on the under part of the chicken between the legs. If it is soft and pliable the chicken is young and tender.

Buying on the Basis of Calories

In the foregoing pages on purchasing the terms "cheap" and "inexpensive" have been used to designate foods which are low in cost. But the conception of food furnished by the calorie changes the meaning of the terms. From this viewpoint a food is cheap in accordance with the number of calories which it furnishes. It may be said once for all that probably few households will ever purchase all their foods on the calorie basis, for taste and custom will be the leading factors in determining the articles which appear on the table. The application of calories to purchasing, however, throws light on the possibilities of economy and is of the utmost importance when the household budget is limited, as purchasing on this basis will prevent undernutrition although the same amount of money is expended as when the foods were bought on the basis that the lowest cost foods were the cheapest. For instance, tripe is a food often purchased by the poor because it is cheap, but the figures show that at the prevailing prices only from thirty to forty calories can be purchased for a cent, while in brisket of beef one gets over fifty calories for a cent. Pigs' feet at fourteen cents a pound give but twenty-six calories for a cent, while turkey at forty cents a pound supplies the same number of calories for a cent. Yet the housewife " economizes " by purchasing tongue, which supplies but twenty odd calories for a cent and " cannot afford " roast lamb which, even from the more costly hindquarter, furnishes nearly fifty calories for a cent.

The following table based on prices current for one week, indicate the value of foods on the basis of calories. Of course as prices fluctuate the number of calories would be increased or diminished, but the proportions would remain approximately the same.

Article of Food	*Calories for $0.01 (one cent)*
Porterhouse steak	30
Sirloin steak and roast	26
Rump steak	22
Brisket of beef	53
Corned beef	71
Veal cutlets	14
Leg of veal	19
Loin of veal	24
Lamb, forequarter	64
Lamb, hindquarter	45
Lamb, chops	36
Mutton, loin	63
Mutton, forequarter	68
Pork chops	61
Bacon	90
Tripe	30–40
Pigs' feet	26
Liver	43
Tongue	22
Turkey	26
Chicken, broiled	7
Fowl	26

Article of Food	*Calories for $0.01 (one cent)*
Fish	
Cod	13
Haddock	10
Halibut	12
Salt mackerel	26
Oysters	8
Finnan haddie	15
Herring	62

In this connection it is worthy of note that the ideal of makers of rations for armies and institutions is one hundred calories for one cent, this, of course, including all the food.

GENERAL DIRECTIONS FOR COOKING MEATS

Broiled tender meat is the most digestible of any way in which it may be served, if properly prepared. The broiler should be slightly oiled with a good vegetable oil or butter, and the meat put in and seared at once, then turned immediately so that it will be seared on the other side and the juices retained. It should be turned from time to time during the cookery. When done, the meat should present a slightly puffy appearance, due to the distention by heat of the encased juices. The salt or other seasonings should be added after the meat has been broiled.

Pan-Broiling

Pan-broiling may be adopted when it is not possible to broil over direct heat. In this case a heavy skillet should be heated until smoking hot, and the meat should be put in without any extra fat, the fat from the edges of the chops or steak, or whatever is being cooked, giving out enough so that the meat will not stick. Turn the meat at once, as in ordinary broiling, and then at a minute or two intervals until it is done.

Oven Roasting

There is really no such thing now-a-days as the roasting of meat, unless it is cooked before an open fire, or under the gas flame. Meat is usually baked in the oven, for true roasting is really just another form of broiling, should be heated at first to 425° and after the first fifteen minutes reduced to 375°. By this means the meat is seared at once, so that the juices cannot escape, and, as in the case of broiled meat, the roast will not look thin and scraggy when done, but should appear a bit puffy. Salt should be added before the meat is put on to cook, and the roast, whatever the kind, should be thoroughly sprinkled with flour, some being allowed to fall upon the bottom of the pan, so that the gravy will automatically thicken itself. Unless a double roaster is used the meat should be basted occasionally with a little hot water, in which has been melted a teaspoonful of oleomargarine, butter or drippings to a cupful of water. If a double roaster is used, a little water should be put in the bottom of the pan as soon as the flour is browned.

Roasting Under the Gas Flame

To roast under the gas flame light the burners five minutes before the meat is to be cooked. Put the meat in a dripping pan, and dust it with salt, pepper and flour. Set the pan on the broiler three notches from the bottom of the oven, reducing the gas burners half, and, as soon as the meat is seared, turn it over. When brown on all sides, baste every ten minutes with a cupful of water in which has been dissolved a tablespoonful of butter or oleomargarine. The time of cooking depends upon the meat.

Boiling

So-called "boiled meat" is one of the most digestible ways in which meat can be served, yet there is no method less understood. The meat should be plunged into a kettle containing enough boiling water almost to submerge it, then be covered closely, set on the back of the range, and allowed to simmer until tender. Simmering means to keep it just below the boiling point. When half done it may be salted. Meat cooked in this way is tender enough to be cut with a fork, is sweet and delicious, and will be done fully an hour sooner than can be accomplished with rapid boiling. Besides all this there is less shrinkage, therefore more meat.

Stewing

Stewed meat is prepared differently from boiled meat. In this case it is cut into small pieces, "handsome mouthfuls" an old book terms it, put into cold water, covered, and brought slowly to boiling point. It is then allowed to simmer until nearly done, when the vegetables and seasonings are added. Lastly the stew is thickened. The reason that boiling water is used for the boiled meat is to seal or "sear" the meat pores by extreme heat, so that the meat juices may be preserved. In stewing, cold water is used so that the slow heat will draw out the juices and flavor.

Pot-Roasting

In this case the meat is seared or browned all over in drippings and is then placed in a deep kettle containing a few diced vegetables as onions, carrots, etc., with water to one-third cover, and allowed to simmer till tender, It is most important that it be closely covered, for every bit of escaped odor means that just so much savor is lost from the meat. If necessary, weight on the cover with a flat-iron or brick.

Braising

Braising is the intermediary process between pot-roasting and roasting. To accomplish this the meat is first browned in hot beef drippings, then placed on a thick bed of vegetables in a kettle containing a small amount of water. This is covered, set in the oven, and cooked until tender, turning once during the process.

En Casserole

Cooking en casserole is a combination of stewing and braising. In this case the meat is usually browned, then put into the casserole with vegetables, rice, crumbs, or macaroni, water or stock covered, and slowly cooked in the oven until tender. It should not boil.

Making Gravy

Enough flour should be sprinkled on the bottom of the roasting pan to thicken the amount of gravy that is desired. The proportion is a tablespoonful and a quarter

Rice With Onion and Peppers en Casserole

Casserole of Lima Beans and Beef

of flour to each cupful of stock. This flour should be slightly browned before the water is added to the pan, and if in the basting the flour is scraped up it will gradually mix so that with the removal of the excess fat and addition of a very little liquid the gravy will be made. However, in making lamb or pork gravy it will be necessary to pour off a great deal of the fat, and considerable water will have to be added. If the liquid is evaporated to such an extent that there is not enough left for gravy, which, by the way, will not occur if a little is added from time to time during the cooking — scrape up the drippings in the pan with a spoon. If some more flour is to be added, stir it directly into these drippings, working quickly, and using a wire whisk. Then gradually pour in the water, which should be boiling. If this is done properly, there will be no necessity for straining the gravy. If desirable to make it of a dark color, add a drop or two of "Kitchen Bouquet," salt and pepper to taste, or any other seasonings should then be added. Good gravy should not be greasy, but smooth and partake of the flavor of the meat.

Aspic Jelly

The easiest way to make aspic jelly when there is bouillon or consommé on hand is to heat a pint of the liquid, and add to it a half tablespoonful of vinegar and a tablespoonful of granulated gelatine dissolved in a little cold water. Pour into a shallow pan and let stiffen. Cut in cubes and save as a garnish for cold meats or salads.

In case there is no good soup stock a quick aspic may be made by using the same proportions of canned consommé and vinegar or by boiling a pint of water with a half teaspoonful of pickle spice and the vinegar, adding two bouillon cubes and the gelatine and finishing as directed.

BEEF

Roast Beef

Wipe the meat with a damp cloth; dust with salt and pepper and place on a rack in the dripping pan, or directly on the bottom of a double roaster if one is used.

Dredge the meat with flour, allowing about three tablespoonfuls to fall upon the bottom of the pan. Set the meat in a hot oven, and put on the lid, if the double roaster is used, and let it stand until seared all over so the juices may be retained, and until the flour has become a little brown. Then reduce the heat and bake the meat until tender. If a dripping pan is used, baste the meat every ten minutes with hot water containing a little butter or beef drippings, but if a double roaster is used, pour in water barely to cover the bottom and it will not be necessary to baste the meat. To roast beef rare allow from eight to ten minutes to the pound; if well done, from eighteen to twenty minutes per pound.

Beef Roasted Under the Gas Flame

See general directions for roasting by this method and allow fifteen minutes to the pound.

Braised Beef

3 pounds lower round of beef
2 tablespoonfuls beef drippings
2 teaspoonfuls salt
¼ teaspoonful pepper
Flour
½ cupful diced carrot
½ cupful diced turnip
½ cupful diced onion
½ cupful diced celery (optional)
½ teaspoonful pickle spice

Sprinkle the meat with the salt and pepper, dredge the flour and brown in the drippings. Transfer to a large casserole, arrange the vegetables around and on top of it, sprinkle on the spice, add a cupful and a half of boiling water, cover closely and bake for four hours. Serve with a sauce made from the liquid remaining in the casserole.

Plain Boiled Beef

Plunge the meat into rapidly-boiling, salted water, then reduce the heat and let the meat simmer very gently until done. This will take about four hours for a five-pound piece of round, or fresh brisket. The meat should be so tender that it almost falls to pieces. Drain well, and serve with horseradish sauce, a garnish of shredded lettuce and slices of sweet pickles, or sliced hard-cooked eggs. Or garnish with hard-cooked eggs and serve with a French dressing made of olive oil and tarragon vinegar and seasoned with onion juice or onion salt.

Beef *à la Mode*

5 pounds round of beef
3 cupfuls water
⅔ cupful vinegar
2 tablespoonfuls salt
1 teaspoonful peppercorns
½ tablespoonful poultry seasoning
¼ teaspoonful mace
1 slice onion
1 slice carrot
2 slices lemon
6 cloves
2 sprigs parsley

Put all the ingredients together except the meat. Boil up once and then simmer for thirty minutes. Strain over the meat. Cover, and let stand for twenty-four hours, turning occasionally. Then remove the meat, drain and sear all over in beef drippings, together with three slices of lemon, half cover with boiling water containing ½ teaspoonful salt and the strained marinade, drained from the meat, and simmer gently until the meat is tender — about four hours. Serve with a sauce made of the thickened liquid and garnished with slices of lemon, potato or rice croquettes and small boiled onions.

Beef Smothered with Onions

1 dozen small-sized onions
5 pounds round, or sticking piece, of beef
Beef drippings
Salt and pepper

Sear the meat in the drippings until brown. Then remove. Dust the meat well with salt and pepper; place it on a rack in a kettle, pile the onions on top and add one cupful of water, or just enough to keep the meat from sticking. A closely-covered heavy kettle should be used. Cook until very tender, replenishing the water to keep it always the original amount; this will take from four to five hours. Serve with gravy made from the liquid left in the pan.

Jellied Beef

5 pounds sticking piece of beef
2 cupfuls boiling stock
4 tablespoonfuls granulated gelatine, dissolved in
¼ cupful stock
1 tablespoonful vinegar
2 teaspoonfuls salt
¼ teaspoonful pepper
1 teaspoonful onion juice

Simmer the meat till tender in water to half cover —

about four hours. Chop fine, add the softened gelatine to the boiling stock, season and stir until dissolved. Add to the meat, pour into two bread pans, wet in cold water, and press into shape. Chill and slice.

Spiced Jellied Beef

5 pounds shin of beef, thick portion	Sage
Salt	Thyme
Pepper	Mace

Simmer the meat gently till it falls to pieces and cut from the bone. Reduce the liquid to one cupful, chop the meat fine and season to taste. Add the liquor and pack into a bread pan, weighting it down. Let stand over night to stiffen, and serve in thin slices with potato salad.

Corned Beef or a "Boiled Dinner"

Rinse the corned beef in cold water, tie or skewer into shape, cover with cold water, and heat slowly to boiling point; remove any scum and simmer the meat until tender, about four hours for a five-pound piece. Remove from the water, keep hot and cook the potatoes and turnips in the liquid. The potatoes should be left whole and the turnips should be sliced crosswise. Cook the carrots, cabbage, beets, etc., apart in some of the corned beef water, allowing one hour for the boiling of the pared carrots, one hour for the cabbage, one hour for new beets — four hours for old ones. Serve on a very large platter, the meat in the center and the vegetables grouped around it. Garnish with parsley.

Boiled Pickled Beef Tongue

Wipe the tongue, place in a kettle containing cold water to half cover, and bring slowly to boiling point. Remove the scum and simmer the tongue until tender, about two and one-half hours, or when the skin curls back. Half cool in the water, then remove the outer skin and bones before it is cold.

Beef Tongue, German Style

Cook a fresh beef tongue until tender, and remove the skin when half cooled. Prepare a sauce as follows:

½ cupful vinegar
2½ cupfuls water
2 tablespoonfuls sugar
½ cupful raisins
Few grains salt
3 tablespoonfuls flour
1 tablespoonful butter

Put the first four ingredients together; add a little salt, thicken with the flour and butter rubbed together, and boil ten minutes. Cut the meat in slices; pour over the sauce and garnish the dish with fried egg plant or summer squash, or French fried sweet potatoes.

Potted Beef Tongue

1 fresh beef tongue
1 cupful carrots, cubed
1 cupful celery, minced, or
½ teaspoonful celery seed
1 cupful turnips (diced)
Salt and pepper
Beef drippings
Sprig of parsley
Bit of bay leaf
Thyme
Boiling water or stock

Trim a fresh beef tongue. Prepare the carrots, celery, and turnips and brown with the tongue in the drippings; season with salt and pepper, add a sprig of parsley, the bay leaf and thyme and then place in a crock, or casserole, the vegetables below and over the meat. Add boiling water or stock to touch the bottom of the meat, and simmer very gently for two and one-half hours. Partially cool the tongue, remove the skin, and serve hot with a vegetable gravy made of the residue in the crock; or on a bed of spinach.

Jellied Tongue

1 pickled beef tongue
2½ tablespoonfuls granulated gelatine
1 quart boiling clear, well-seasoned stock
½ cupful celery, if convenient
½ teaspoonful pickling spice
Bay leaf
3 hard-cooked eggs
6 cucumber pickles, sliced thin
2 tablespoonfuls capers
Salt and pepper

Boil the tongue until it is very tender, seasoning the stock highly with salt, pepper, bay leaf, and one-half teaspoonful of pickle spice. Then remove the skin from the tongue and return it to the water in which it was cooked, to cool partly. Trim off the inedible portions, remove any globules of fat that may have adhered and cut the tongue in thin slices. In the meantime cover the gelatine with cold water, and, after letting it stand for five minutes, add it to the boiling stock, which should be cleared and free from fat. Pour a little of this mixture into a round mould, or bowl, and, when it is slightly set, dispose on this a design of hard-cooked eggs, fastening it in place with a few drops of the jelly mixture. Further decorate with thin slices of the pickle overlapping. Then fill the mould with the tongue, thinly sliced, and the egg and seasoning arranged in layers; pour the gelatine mixture in to fill these spaces and let stand until set. Unmould and serve garnished with cress and hard-cooked egg. If desired, the egg and pickle, etc., may be entirely omitted, in which case it is a quick matter to prepare the dish.

Brown Beef Stew

3 pounds shin of beef
2 onions
1 carrot
2 cupfuls sliced potatoes
1 white turnip
2 quarts water
1 green pepper (if convenient)
Salt and pepper

Remove as much meat as possible from the bone, and cut it in small pieces. Crack the bone, taking care to remove all the splinters. Brown both the meat and bone in beef drippings, and add the onion cut in rings; fry the latter to a delicate brown, and add the water (which should be cold), and the vegetables. Bring slowly to boiling point, and simmer until the meat is tender — about three hours. Remove the bones, take off any meat adhering to them, and remove the fat from the broth. Then add the potatoes, which should be parboiled for five minutes, season with salt and pepper and cook until the potatoes are tender. Thicken, just before they are done, with flour dissolved in water — a scant half tablespoonful to each cup of broth. Serve on a deep platter, with buttered spaghetti, noodles or dumplings.

Casserole of Beef

3 pounds beef, from chuck or round
1 cupful carrots, chopped
1 cupful turnips, chopped
½ cupful onions, chopped
Drippings
1½ cupfuls spaghetti broken in small pieces
2 teaspoonfuls salt
¼ teaspoonful pepper
Boiling water

Cut the meat in pieces suitable for serving. Brown in the drippings with the vegetables, then place in a casserole together with the seasonings and spaghetti. Cover with boiling water, and bake gently from three to four hours.

Short Ribs of Beef en Casserole

3 pounds short ribs of beef
6 onions
1 carrot
4 tablespoonfuls beef drippings
1 teaspoonful sugar
1 pint tomatoes
½ cupful brown rice
Grating of nutmeg
Salt and pepper

Melt the beef drippings, fry the onions slightly and add the beef to brown it. Arrange in a casserole in layers with the carrot, chopped, the rice, tomatoes and seasonings; cover with boiling water and bake from three to four hours in a slow oven. The water should be replenished as needed — although the dish should be only moist — not soupy — when done.

Curried Beef en Casserole

3 pounds bottom round beef
6 tablespoonfuls flour
1½ teaspoonfuls curry powder
6 tablespoonfuls beef drippings
¼ cupful sliced onion
3 cupfuls beef stock
1½ tablespoonfuls vinegar
1½ teaspoonfuls salt
¼ cupful grape juice

Cut the meat in two-inch cubes and roll in the flour and curry until well mixed. Melt the drippings in a frying pan, add the onion and cook till yellowed, then brown the meat. Add any remaining flour, toss about, turn in the stock, let boil up once, transfer to a casserole, cover and cook slowly for two and one-half hours. Season. Add the vinegar and grape juice just before serving.

Casserole of Lima Beans, with Beef

1 pint dried lima beans
⅛ teaspoonful soda
1 pound stew beef—chuck or round
1½ teaspoonfuls salt
Few grains mace
Boiling water
⅛ teaspoonful pepper
2 onions
1 cupful stewed tomatoes
3 tablespoonfuls flour
2 tablespoonfuls drippings or bacon fat

Soak the beans over night, drain, cover with fresh boiling water, add the soda and parboil. Drain again. Cut the beef in inch cubes, brown it with the onions in the drippings and roll in the flour and seasoning. Place in a casserole in layers with the beans and tomatoes alternating. Barely cover with boiling water and cook two and one-half hours in a slow oven, replenishing the water if necessary.

Broiled Steak

Trim off the superfluous fat. With some of the fat rub the broiler; and then broil the steak over a clear fire, turning every ten seconds for the first minute, to sear the surface so that the juices will not escape. After this turn occasionally until well-cooked on both sides. Steak cut one inch thick will take from five to six minutes, if liked rare, and from eight to ten minutes if well done. Remove to a hot platter, spread sparingly with butter, or oleomargarine, and sprinkle with salt and pepper.

Pan-Broiled Steak

Wipe the steak with a damp cloth. Heat a frying pan smoking hot, place the steak in it, and turn at once, so that it will be seared all over. Turn every few seconds until done — five to six minutes for a steak one inch thick, when desired rare; from eight to ten if well done. Sprinkle with salt and pepper, spread with bits of butter or oleomargarine and set in the oven to become hot. A very little hot water may be added to the drippings in the pan, allowed to boil, and be poured around the steak.

Planked Steak

Wipe, remove extra fat and pan-broil a boned porterhouse, or short rump steak, cut one and one-half inches thick, for seven minutes. Then place on a buttered plank and surround with Duchess potatoes put through a pastry bag and tube, brush this over with beaten egg, diluted with milk, and place in the oven to brown.

Garnish with sautéd mushrooms, stuffed peppers, carrot and beet balls, cauliflower with mousseline sauce, string beans and Bermuda onions.

Round Steak Italian

Purchase round steak cut one and one-half inches thick. Pound till one inch thick, sprinkle with a tablespoonful of olive oil and a few drops of vinegar, cover and let stand for a few hours. Then broil as usual. This treatment will make the fiber tender.

Braised Stuffed Steak

2 pounds whole slice round steak cut ½ inch thick
2 cupfuls stale bread crumbs
Salt and pepper
2 tablespoonfuls melted butter
8 small onions
Boiling water
2 tablespoonfuls beef drippings
½ teaspoonful poultry seasoning

Trim the meat into oblong shape. Make a dressing of the crumbs, butter and poultry seasoning, adding boiling water to moisten and salt and pepper to taste. Spread over the meat. Roll up like jelly roll and tie in position. Melt the drippings in a frying pan, and brown the meat all over. Transfer to a casserole, add the onions and seasonings, pour in water to half cover, and bake gently in the oven until the meat is tender, about two hours. Serve with a gravy made from the liquid left in the casserole.

Potted Steak

2½ pounds bottom round steak
6 onions, medium size
1 cupful diced turnips
⅛ teaspoonful pepper
1 cupful tomato juice
2 cupfuls green peas
1 teaspoonful salt

Cut the steak in pieces suitable for serving, dip in flour and brown well in drippings. Add the onions, turnips, tomato juice and seasonings, and barely cover with boiling water. Simmer until tender, about two and one-half hours, replenishing the water, if necessary, and serve garnished with the peas.

Swiss Steak

2½ pounds round steak, cut 2 inches thick
¾ cupful flour
1½ cupfuls sifted canned tomato
Bacon fat
6 onions.
¾ cupful button mushrooms
1½ teaspoonful salt
⅛ teaspoonful pepper

Put the steak on a board, and pound in as much flour as it will take up, probably the three-fourths cupful designated. Sear the meat on both sides in a frying pan, transfer to a casserole or earthen baking dish, cover with boiling water and the tomato. Peel the onions, and place around the meat. Add the mushrooms and seasonings and let simmer about two hours.

Beefsteak Pie

2 pounds round steak
1 lamb's kidney, parboiled
1 onion, minced
½ tablespoonful parsley, minced
½ teaspoonful pepper
Short biscuit crust
Thyme
Bit of bay leaf
2 tablespoonfuls butter
1 cupful boiling water
Flour
Salt and pepper

Cut the steak in thin strips, dust with salt and pepper and roll it in flour. Dice the kidney, and roll the bits in flour. Arrange the two meats in alternate layers in a deep baking dish, sprinkling the seasonings and onion in between. Then pour over the boiling water, which should moisten it. If there is not enough water to do this, add a little more as judgment may dictate. Dot with butter. Cover with the crust, which should be slashed to allow the steam to escape, and bake for two hours in a very slow oven.

Beef Birds

2 pounds any cheap cut of steak
½ pound bacon or salt pork, sliced thin
Flour
Grating lemon rind
Boiling water
Salt and pepper
½ cupful rich milk

Cut the steak in two-inch squares, then pound until thin. Lay a small strip of the bacon or pork on each piece, roll up and skewer with a toothpick. Dust with salt and pepper, and dredge with flour. Sauté (fry) lightly in bacon fat, transfer to a casserole, add the lemon rind, and partly cover with boiling water. Let cook gently till almost tender (about two hours), season, thicken, if necessary, and add the milk. Serve on toast in a border of mashed potatoes or brown rice.

Chili Con Carne

2 pounds round or vein steak
2 pods dried Chili peppers
3 slices salt pork
3 tablespoonfuls chili powder
3 tablespoonfuls flour
1 clove garlic, minced
Salt to taste

Try out the fat from the salt pork. Cut the steak in small pieces and brown in the salt pork fat; add to this the flour and garlic. In the meantime discard the seeds from the pepper pods, soak the latter in a pint of warm water until soft, then scrape out the pulp into the water and discard the skins. Add this liquid to the meat and simmer for about two hours, or until the meat falls to pieces. Hot water may be added as needed, though con carne should not be soupy. Serve with boiled uncoated rice.

Tenderloins — Stanley

6 small tenderloins of steak
1 cupful horseradish sauce
6 stuffed baked peppers
2 bananas (baked or fried)
1 quart mashed potato

Pan-broil the tenderloins; place in the oven to keep hot, and make a gravy of the drippings in the frying pan. Arrange the meat on a hot platter. Place a tablespoonful of the sauce on each piece, surmount with a third of a baked or fried banana, and garnish the platter with the peppers and the mashed potato, either in fluffy spoonfuls, or shapped into cones with an ice-cream scoop, and dusted with powdered parsley.

Hamburg Steak

2 pounds ground steak (from bottom round)
¼ cupful sliced onion
1 teaspoonful salt
⅛ teaspoonful pepper
¼ cupful soft bread crumbs
2 tablespoonfuls drippings

Fry the onion till yellowed in the drippings. Add to the steak, crumbs and seasonings, mixing well together. Return to the frying pan, and cook slowly ten minutes; then invert into a second frying pan, or onto a plate, and then back into the first pan, and brown the other half. Serve very hot with gravy made of the drippings in the pan.

Baked Macaroni Hamburg

½ pound macaroni or spaghetti
1 can of tomatoes
1 pound hamburg steak
2 or 3 onions (minced)
Salt and pepper
Grated cheese

Boil the macaroni. Drain and place a layer in the bottom of a well-oiled baking dish. Sprinkle this with some of the hamburg steak, a little salt and pepper, bits of beef drippings or any other fat at hand, then the onion, and lay on the canned tomato, and some grated cheese. Continue in this way until all is used, and bake in a moderate oven for an hour.

Chopped Beef, Italian

1½ pounds chopped beef
1 green pepper, minced
2 onions, minced
Salt and pepper
½ teaspoonful Worcestershire sauce
2 tablespoonfuls drippings
Tomato conserve or catsup

Fry the onions and pepper in the drippings. Then mix with the meat, seasoning well, and cook as Hamburg steak, or shape into flat cakes. Just before serving, spread lightly with Italian tomato conserve and a little butter, and let stand in the oven to re-heat.

Hamburg Roast with Macaroni

2 pounds round steak
2 ounces beef fat
1 teaspoonful salt
¼ teaspoonful pepper
1½ tablespoonfuls flour
1 cupful cooked macaroni
½ cupful bread crumbs
½ cupful hot water stock or milk
1 teaspoonful onion juice
1 beaten egg
1 cupful sifted canned tomato

Grind the meat and fat. Cook the bread crumbs in the hot liquid until pasty, add to the meat, and stir in the seasonings and egg. Shape into an oblong loaf. Roll in crumbs and set in a dripping-pan in a hot oven. When well-browned, reduce the heat and cook forty minutes. Make a gravy from the drippings in the pan by stirring into them one and one-half tablespoonfuls of flour and adding gradually the tomato. Let boil and stir in the macaroni. Let stand to become very hot, pour around the loaf and serve.

Kidneys, Creole Style

2 beef kidneys
4 tablespoonfuls flour
4 tablespoonfuls bacon fat
1 cupful tomato juice
2 tablespoonfuls onion
2 tablespoonfuls minced green pepper
1 cupful boiling water or stock
1½ teaspoonfuls salt
⅛ teaspoonful pepper
Buttered toast

Remove the fat from the kidneys and let the latter stand over night in cold water to cover, containing a little baking soda. Drain, dry and sauté (fry) in bacon fat with the pepper and onion. Then add the flour, toss about and pour in the tomato, and stock; add the seasonings. Simmer till tender, either over direct heat or in the oven, and serve on buttered toast.

Devilled Kidneys

2 beef kidneys
2 cupfuls water
Bit of bay leaf
2 tablespoonfuls vinegar
2 tablespoonfuls flour
Salt and pepper to taste

Soak the kidneys for an hour in cold water, then remove any strings and cut the meat in small pieces. Heat the water, bay leaf and vinegar, add the flour moistened with cold water, and, when the sauce is boiling, season it to taste with salt and pepper. Put the kidneys in the sauce and simmer till tender, about twenty minutes. Serve with well-seasoned boiled macaroni, or noodles.

Beef Balls with Spinach

1½ pounds ground beef
¼ cupful bacon, chopped fine
½ cupful milk or stock
½ cupful soft bread crumbs
1½ cupfuls well-seasoned stock
1 teaspoonful lemon juice
1 teaspoonful salt
¼ teaspoonful pepper
Beef drippings
2 tablespoonfuls flour

Cook the milk and crumbs together to a paste; add the bacon, meat, lemon juice, salt and pepper, and one-half teaspoonful of onion juice if desired. Form into egg-shaped balls, roll in flour and sauté (fry) till slightly browned in the drippings. Remove to a casserole. With the drippings remaining in the frying pan and the flour and stock, make a thick gravy, pour around the balls, and bake thirty minutes in a slow oven. Serve on a bed of spinach, and garnish with toast points.

Beef Balls en Casserole

2 pounds ground beef
1 tablespoonful minced onion
1 teaspoonful minced parsley
2 slices fat bacon or salt pork, ground
1 egg
1 teaspoonful salt
¼ teaspoonful pepper
1 cupful sifted canned tomato
1 cupful stock or water
1 teaspoonful salt

¼ teaspoonful pepper
1 cupful cooked macaroni
2 tablespoonfuls grated cheese

Mix together the beef, bacon, egg and seasonings; form into balls and roll in flour, and brown lightly in drippings. Add a tablespoonful of flour to the frying pan, and when frothy add the tomato and water to make a sauce. Add the macaroni, sprinkle in the cheese and pour into a casserole. Set the balls on top, cover and bake forty-five minutes to an hour in a moderate oven.

TRIPE

Broiled Tripe

1 pound honeycomb tripe (pickled)
Fine cracker or dry bread crumbs
¼ cupful melted drippings
Salt and pepper

Cut the tripe in pieces suitable for serving, and simmer twenty minutes in water to cover. Drain, season, dip in crumbs, then in drippings and in crumbs again, and cook in a well-oiled broiler five minutes, cooking the smooth side of the tripe first for three minutes. Place on a hot platter, rough side up; season, spread sparingly with butter and place in the oven to become very hot.

Tripe Fried in Batter

Cut the pickled tripe in suitable pieces for serving, wash it and simmer gently for twenty minutes in water to cover. Drain, wipe dry, sprinkle with salt and pepper, brush over with melted butter or drippings, dip in batter and fry in fat hot enough to brown a piece of bread in three minutes. Serve with Chili sauce, or piccalilli or chow-chow.

BATTER FOR TRIPE

1 cupful flour
1½ teaspoonfuls baking powder
⅓ teaspoonful salt
Few grains paprika
⅓ cupful water
1 egg well-beaten
½ tablespoonful vinegar

Mix in the order given and beat well before using.

Curried Tripe (Miss Armsby)

1½ pounds tripe (fresh)
1 small onion (sliced)
6 tablespoonfuls flour
2 teaspoonfuls curry powder
2 cupfuls tripe liquor
1 teaspoonful brown sugar
Salt and pepper to taste
6 tablespoonfuls butter or oleomargarine

Put the tripe on to boil in cold water; bring to boiling point, remove, scrape and rinse. Cut in small pieces. Return to the saucepan, cover with cold water, add the onion, bring to boiling point and simmer not less than two and one-half hours. Reserve two cupfuls of the water the tripe was cooked in, and thicken with the fat and flour creamed together. Season with the curry, sugar, salt and pepper, pour this over the tripe and serve in a wall of boiled brown or uncoated rice.

Tripe Creole

1 pound pickled tripe
¾ cupful sliced onions
2 green peppers
Bit of bay leaf
2½ tablespoonfuls flour
4 cloves
1 pint canned tomatoes
Salt and pepper
2 tablespoonfuls butter

Boil the tripe gently for twenty minutes, then drain, cut in small pieces and put in a kettle with the onions, sliced, the peppers, chopped, tomatoes, all the other seasonings and a cupful of boiling water. Simmer for two hours; season highly with salt and pepper, and thicken with the flour dissolved in a little cold water. Serve in a border of buttered and seasoned spaghetti.

Frizzled Dried Beef

½ pound dried beef
2 tablespoonfuls butter or other fat
2 tablespoonfuls flour
2 cupfuls milk
⅛ teaspoonful pepper
2 hard-cooked eggs
Buttered toast

Pick the beef in small pieces, and remove the tough strings. Melt the fat in a saucepan, add the beef and cook till browned, then stir in the flour, mix well, and add the milk gradually. Let boil, season more if necessary and serve on toast with a garnish of the eggs, chopped.

Thick Oxtail Soup

2 oxtails, separated in sections
6 onions
2 carrots
1 cupful canned tomatoes (optional)
4 potatoes
Salt and pepper to taste
Cold water
Beef drippings

Brown the meat in the beef drippings; then remove the meat, add the onion and carrots, sliced, to the drippings, and cook until yellowed. Combine the oxtail and fried vegetables with two quarts of cold water. Bring to boiling point and simmer slowly until the meat is almost tender. Then add the potatoes, sliced thin, season to taste and finish cooking. Thicken with 6 tablespoonfuls of flour dissolved in a little cold water. Or, add ¼ cupful of rice when the stew is half done and omit the potatoes. If desired, this may be baked in the oven in a bean pot or large casserole.

LAMB

Roast Leg of Lamb

Remove the outside fat, then place the meat in a dripping pan and dredge with salt, pepper and flour. Bake in a hot oven, basting with hot water as soon as the flour is browned; then dredge with more flour and baste again when brown. Baste every fifteen minutes afterward till the meat is done — from one and one-half to one and three-quarter hours according to the size of the roast.

Lamb Roasted Under the Gas Flame

See general directions for roasting by this method and allow twenty minutes to the pound.

Crown Roast of Lamb or Mutton

If a crown roast of lamb or mutton is desired, it is best to order it put together from the butcher. It is made of two strips of chops fastened together at the sides. The bones should be trimmed as in making French chops, and the ends should be covered with strips of salt pork, as, otherwise, while roasting they become blackened.

Dust the meat with salt and a little pepper, set in a hot oven for fifteen minutes, then reduce the heat and add a little hot water, as in the roasting of any meat. Baste every ten minutes with the drippings, and bake nine minutes to the pound. For serving, fill the hollow center with potato straws, Saratoga chips, buttered peas, or a purée of chestnuts, and cover the tops of the bones with paper frills.

Boiled Leg of Mutton

Trim off the excess fat and remove the bone, fill in the cavity with a bread or potato and onion stuffing and skewer it into shape. Dredge well with flour and tie in a cloth — to aid in keeping the shape. If very old mutton (and of strong flavor), start to cook in cold water to take out the disagreeable taste — otherwise put on in boiling water, and simmer until tender — two hours for a seven-pound leg, three for ten pounds. Serve on a bed of minced boiled carrots, or of chopped spinach, and pour over a caper sauce. The lamb broth may be used for soup, or for a lamb stew made of the remnants of the meat.

Braised Leg of Mutton

Brown a leg of mutton all over in the braising pan. Add a cupful each of chopped carrot, onion, turnip and celery, and water to half cover. Cover closely and simmer gently till half done (about one and three-quarter hours); then season, add more water if necessary and finish cooking. Serve with a thickened gravy made from the liquid in the pan. It will take a six-pound piece three hours to cook.

Stuffed Forequarter of Lamb

Order a forequarter of lamb, trimmed and the bones cracked. Prepare a well-seasoned bread stuffing; dust the meat with salt and pepper; lay the stuffing on the flank end and skewer it into shape. Place in a dripping pan. Dust thoroughly with flour, allowing about three tablespoonfuls to fall on the bottom of the pan, and bake, allowing fifteen minutes to the pound, and basting occasionally with a little hot water. If desired, a little sliced onion may be tucked into the folds before the meat is roasted.

Breaded Forequarter of Lamb

Boil a forequarter of lamb in salted water, cool it, and remove the meat from the bones. Pack into a pan two inches deep, and press hard over night. In the morning cut in squares, or diamonds, roll in well-buttered crumbs, and bake in the oven till browned, or egg and crumb, and fry as croquettes. Serve accompanied by a brown, tomato, or cream sauce, or with peas.

Lamb Pasty

- 3 pounds lamb, cut from the neck
- Bit of bay leaf
- 1½ cupfuls French potato balls, or diced potatoes
- ½ teaspoonful onion juice
- 1 tablespoonful tomato catsup
- 3 cupfuls boiling water
- 6 tablespoonfuls flour
- 1 cupful peas, if desired
- 4 tablespoonfuls butter or drippings
- Salt and pepper
- Short biscuit crust

Cut the lamb in "handsome mouthfuls." Roll in flour, sauté (fry) slightly in the drippings and place in a casserole or braising dish. Add the bay leaf (tied in bit of cheesecloth) and boiling water, and let simmer until tender — about two hours, adding one and one-half teaspoonfuls of salt at the end of an hour. Remove the bay leaf, add the onion juice and catsup and the potato balls. Stir in the peas, thicken with the flour and butter rubbed together, season to taste, bring to boiling point and set the crust quickly in place. Bake until browned, about twenty minutes, in a hot oven.

Broiled Chops

Wipe the chops with a damp cloth, remove the tough outside skin, and arrange on a well-oiled broiler. Place over a glowing bed of coals or under a gas-broiler and turn every ten seconds until the chops look "puffy" and the fat is clear in appearance. Then sprinkle with salt and a bit of pepper, dot with bits of butter, and set in the oven to melt the butter. Serve at once.

Pan-Broiled Chops

Wipe the chops with a damp cloth and remove the tough skin. Heat a frying pan very hot, put in the chops and turn at once. Turn every ten seconds until they are brown and the fat is clear-looking. Cook thin chops five minutes. When done, sprinkle with salt and pepper, and

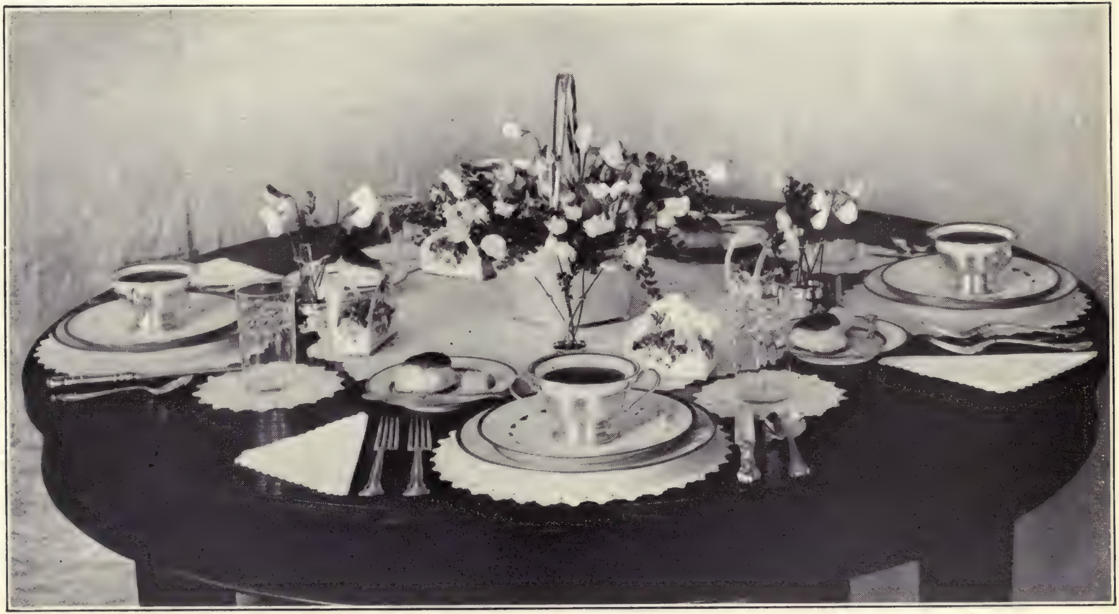


Table Set For Formal Luncheon

spread sparingly with butter. Set in the oven for a minute, and serve very hot. A little boiling water may be added to the drippings in the pan, and the gravy poured around the chops.

Lamb Chops with Peas

Pan-broil lamb chops, as directed. To the gravy left in the pan add the desired amount of boiled fresh or canned peas. Let stand to become thoroughly hot and to absorb the meat flavor.

Baked Lamb Chops

Select any type of lamb or mutton chops cut one-half inch thick. Trim them into shape, and sauté (fry) lightly on either side. Then pile well-seasoned mashed potatoes on each chop, brush over with well-beaten egg, and finish in the oven. Serve with brown or tomato sauce

Stuffed Lamb Chops

6 good-sized lamb chops (loin)
1½ cupfuls soft bread crumbs
Milk
1 teaspoonful minced parsley
¼ cupful grated cheese
½ teaspoonful onion juice
½ teaspoonful celery salt
Few grains pepper

If possible, select chops from the loin and bone and roll them. Make a dressing of the other ingredients, moistening with milk as is necessary; pan-broil the chops lightly, browning the under side and seasoning them as they cook. Then cover with the stuffing and bake for five minutes in a hot oven, when the stuffing should be brown. Serve on toast with a brown sauce made from the drippings in the pan and a little stock made from the bones and trimmings.

Breaded Lamb Chops

Wipe and trim the chops, sprinkle with salt and pepper and dip in crumbs, egg, and crumb again; fry in deep fat from five to eight minutes and drain. Serve with tomato sauce, or stack around a mound of mashed potatoes, fried potoato balls, boiled brown or uncoated rice, boiled samp, or green peas. Never fry but four at a time, and allow the fat to re-heat between the fryings. After testing the fat for the temperature, put in the chops, and place the kettle on the back of the range, so that the surface of the chops may not become too brown while the inside is still underdone.

Baked Mutton Chops

6 shoulder, or blade, mutton chops
2 tablespoonfuls minced onion
4 tablespoonfuls minced carrot
Bit of bay leaf
2 cloves
2 tablespoonfuls flour
1½ tablespoonfuls butter or drippings
2 cupfuls stock
½ cupful grated horseradish
½ tablespoonful lemon juice
Buttered crumbs

Trim the chops, removing the superfluous fat. Plunge into the boiling stock and simmer with the spice and vegetables forty-five minutes. Then make a sauce of the stock and the other ingredients, pour it into a baking dish, set the chops over it, dust them with buttered crumbs and salt and pepper, and bake in a hot oven till browned.

Mutton Chops en Casserole

6 mutton chops
1 onion
1 small carrot
1 turnip
Salt and pepper
1 pint stock
½ cupful mushrooms
1 tablespoonful flour
2 tablespoonfuls drippings

Chop or dice the vegetables; sauté the chops on both sides, then the vegetables, in the fat. Add the flour to the vegetables, mix lightly, and put in the casserole. Put in the chops, add the stock and simmer in the oven until soft. Add the mushrooms when nearly done, and season with salt and pepper.

Lamb Stew

2½ pounds shoulder or back of lamb
1 cupful thinly sliced carrots
2 cupfuls diced potatoes
1 cupful peas
½ cupful diced celery (optional)
3 onions
2 teaspoonfuls salt
¼ teaspoonful pepper
Flour
Worcestershire sauce
Tomato catsup

Cut the meat in cubes and roll in flour. Arrange in layers, alternating with the vegetables in a kettle, and sprinkling on the salt and pepper. Pour over boiling water to cover and simmer gently for two hours. Add the peas just before the dish is to be served, seasoning it to taste with Worcestershire and catsup. If desired, the celery may be omitted, and turnips or parsnips used to replace it.

Lamb Fricassee

Boil a shoulder of lamb in salted water, then drain and cut off the meat in suitable portions for serving. Roll these in flour, season with a little salt and pepper and brown quickly in beef drippings or a combination of beef drippings and sausage fat. Make a gravy from the stock in which the shoulder was boiled, adding to it minced mint or capers, and season it highly with Worcestershire or tomato catsup.

Casserole of Lamb

2½ pounds of lamb cut from the neck
¼ cupful sliced onions
2 tablespoonfuls drippings
Few grains nutmeg
4 tablespoonfuls uncoated rice
2 cupfuls stewed tomatoes
1 teaspoonful salt
½ teaspoonful sugar
Few grains pepper

Cut the lamb in pieces, roll in flour and brown with the onions in the drippings. Add the tomato and seasoning and put in a casserole with the rice sprinkled between each layer. Barely cover with boiling water, and bake, covered, in a slow oven for two or two and one-half hours. The rice should absorb the water. If it seems a little dry, add water as needed.

VEAL

Roast Veal

Purchase a fillet of veal or a roast from the loin. Bone the meat, fill in the cavities with bread stuffing, well-seasoned with onion and celery salt, and skewer into shape. Place in a baking pan, dredge with salt, pepper and flour, and lay thin strips of salt pork over the meat. Put in a hot oven and bake until the flour is brown, then reduce the heat and cook until done, allowing twenty minutes to the pound, basting frequently with some of the water in the pan. Water should be added to the pan as soon as the flour is colored. Make a gravy from the drippings in the pan.

Veal Roasted Under the Gas Flame

See general directions for roasting by this method and allow twenty-three minutes to the pound.

Veal Stew

4 pounds knuckle of veal
3 quarts cold water
2 minced onions
½ teaspoonful peppercorns
2 cloves
Bit of bay leaf
1 teaspoonful salt
1 pint stewed tomatoes
1 cupful diced celery
1 teaspoonful sugar
½ cupful brown rice
Dumplings

Wipe the meat, crack the bones and put the meat on to cook in cold water. Bring to the boiling point, add the spices tied in a cloth and the onions. When half done, add the salt. When the meat is tender, strain off the liquor. Cut the meat in cubes and set aside. Add the celery, tomato and rice to the liquid, of which there should be two quarts, turn in the meat and cook until the rice is done. Serve with steamed dumplings, made either of white or entire wheat flour.

Fricasseed Veal

Select a shoulder of veal. Simmer until tender, then cut in pieces suitable for serving, sprinkle with salt and pepper, roll in flour and brown in drippings. Serve on toast or split biscuits with a gravy made from the liquor in which the veal was cooked.

Veal Pie

2 pounds veal cut from the knuckle
½ cupful cooked peas, if convenient
3 cupfuls well-seasoned stock
3 tablespoonfuls bacon fat or drippings
4 tablespoonfuls flour
Short biscuit crust

Cut the veal in small pieces. Roll in flour and fry till well-browned in the fat. Cover with stock, add a slice of carrot and one onion and simmer until tender. Then add the peas, and thicken with the flour dissolved in a little cold water. When boiling, pour into a baking dish, set the crust in place, and bake about twenty-five minutes in a moderate oven.

Veal and Oyster Pie

1½ pounds veal from the knuckle
½ cupful minced cooked ham
2 cupfuls well-seasoned stock
½ pint oysters
2 tablespoonfuls bacon fat
3 tablespoonfuls flour
Short biscuit crust

Cut the veal in small pieces; roll in the flour and sauté (fry), until well-browned, in the bacon fat. Cover with the stock, add a slice of carrot and one of onion and simmer till tender. Then add the ham and the oysters, which should be well washed, thicken with the flour remaining from the veal, and pour into a baking dish, rubbed with the bacon fat. When boiling-hot, set the crust in place. Bake about twenty-five minutes in a moderate oven.

Brown Veal en Casserole

3 to 4 pounds knuckle of veal
1 tablespoonful sugar
1 onion
1 quart boiling water
3 tablespoonfuls flour
A little lemon rind
1 teaspoonful salt
¼ teaspoonful pepper
1 cupful cream or rich milk
3 tablespoonfuls butter or oleomargarine

Cut the veal in pieces suitable for serving. Caramelize the sugar and, when dark, add the onion, stirring until coated. Add the boiling water and meat. When boiling rapidly, cover closely, put in the oven and cook till tender, about two hours. Then add the seasonings, the butter and flour rubbed together, and boil up once. Serve surrounded with boiled brown or uncoated rice, either plain or curried.

Veal Fricandelles

2½ cupfuls cooked or raw veal, ground
¼ cupful ham, minced (optional)
½ cupful milk
½ cupful soft bread crumbs
1½ cupfuls well-seasoned stock
1 tablespoonful minced green peppers
2 tablespoonfuls lemon juice
1 teaspoonful salt
1 tablespoonful tomato catsup (optional)
¼ teaspoonful pepper
Bacon fat
2 tablespoonfuls flour
1 teaspoonful minced parsley

Cook the crumbs and milk to a paste. Add it to the veal, ham, pepper, lemon juice, catsup, parsley and seasonings and mix well. Make into egg-shaped balls, roll in flour and sauté (fry) in bacon fat till light brown. Transfer to a casserole, and pour over a gravy made from the fat left in the frying pan, the flour and the stock. Cook in a moderate oven till done, thirty minutes for the cooked meat, and an hour for the raw. Serve on toast points, garnish with parsley, and surround by gravy.

Pressed Veal

Order a knuckle of veal, sawed through the bone. Boil it in salted water containing a half teaspoonful of pickle spice, until the meat is tender. Drain and cool it, chop the meat fine, season it with additional salt and pepper and a little lemon juice if the flavor is liked. Boil down the liquor to one cupful, mix with the meat and pack into a bread pan which has been rinsed with cold water. Put a second pan on top of the meat, weight and chill.

Veal and Pork Loaf

1 pound ground veal
1 pound ground pork
¾ cupful soft bread crumbs
½ cupful hot milk
1 egg
1¼ teaspoonfuls salt
⅛ teaspoonful pepper
Few grains mace
1 teaspoonful poultry seasoning
1 teaspoonful onion juice
1 tablespoonful minced parsley

Cook the crumbs and milk to a paste. Add to it the other ingredients, mix well, pack into a well-oiled pan, and bake an hour in a moderate oven.

Pot Roast of Veal

1 small shoulder of veal, boned and rolled
1½ cupfuls finely-sliced carrots
3 cloves
½ teaspoonful peppercorns
2 teaspoonfuls salt
¼ teaspoonful pepper
Beef drippings
1 pint boiling soup stock
2 onions

Dust the meat with salt and pepper, and brown it in the drippings; transfer to a heavy kettle, add the slices of onion and carrot to the drippings and cook until yellowed. Then pour over the meat, with the other ingredients, and cook gently until the meat is tender — from three to four hours. Thicken the gravy as usual. Season, if desired, with a drop or two of tabasco sauce.

Veal with Anchovies

2 pounds veal cutlet
4 anchovies
½ teaspoonful ground clove
½ teaspoonful ground cinnamon
½ teaspoonful nutmeg
3 tablespoonfuls butter
1 onion, sliced
3 cloves garlic, chopped
Scant half cupful vinegar
2 tablespoonfuls ground salt pork
1 tablespoonful flour

Combine the butter and salt pork in a frying pan. When hot add the meat and onion, and when the meat is a golden color add all the other ingredients except the vinegar; cook slowly for ten minutes. Dust with salt and pepper, pour over the vinegar with an equal quantity of water, cover and simmer, adding more water if necessary. When almost done, thicken the sauce with the flour mixed with a little cold water, return the meat and finish cooking.

Baked Veal Chops

2 pounds veal chops
¼ pound bacon
Bit of bay leaf
Crumbs
½ teaspoonful Worcestershire sauce

Boil the chops gently for five minutes in water containing a little sugar and a bay leaf. Drain thoroughly, dip in melted bacon fat, sprinkle with the Worcestershire and salt and crumbs; set in a baking pan, and place a small piece of bacon on each chop. Bake in a hot oven until the bacon begins to crisp, then add a little water to the pan, and cook more slowly till the chops are tender. This will take about thirty-five minutes.

Breaded Veal Cutlets

Simmer the cutlets five minutes in boiling water, containing a teaspoonful of sugar to each pint of water. Drain, dry, dip in fine crumbs, then in slightly-beaten egg, diluted with cold water (one-fourth cupful to an egg), then again in crumbs. Plunge into fat hot enough to brown a bit of bread in three minutes, and fry till brown. Drain on crumpled paper, and serve with tomato or creole sauce.

Veal Steak, Italian

Veal steak
1 teaspoonful sugar
Bit of bay leaf
Salt and pepper
1 clove
Onion, sliced

Slice veal steak thin, and cut in individual servings. Boil five minutes in water to cover, containing one teaspoonful sugar, a bit of bay leaf, one clove, and a slice of onion to each pint of water. Drain, dust with salt and pepper, and dip in crumbs, egg, and crumbs again and cook in deep fat hot enough to brown a bit of bread in three minutes. Serve with sliced lemon.

Veal Mexican Style

- 2 pounds veal, sliced ¼ inch thick
- ½ cupful chopped chives
- 1 tablespoonful minced parsley
- Beef drippings
- ¾ cupful minced cooked ham
- Salt
- Pepper

Cut the veal in pieces suitable for serving and dip them in flour. Melt the beef drippings and fry the veal in them; when half done, sprinkle with the chives, parsley and ham, season with salt and pepper and finish, cooking slowly.

LIVER

Broiled Liver and Bacon

Scald the bacon, drain and set in a baking pan in a hot oven to cook. Scald the liver, let stand five minutes in the water, then pull off the outer membranes and remove the tough veins. Dip in the bacon fat and broil from five to six minutes, according to the thickness, turning from side to side. Add salt and pepper, and serve garnished with the bacon.

Fried Liver and Bacon

Cover with boiling water slices of liver cut one-half inch thick; let stand five minutes to draw out the blood, drain, wipe and remove the thin outside skin and veins. Sprinkle with salt and pepper, dip in flour and fry in the fat remaining from baked bacon.

Fried Liver with Onions

Prepare the liver for frying as in the preceding recipe. For a pound of liver, peel and slice six onions. Fry them gently until done in bacon fat, remove from the fat and cook the liver in it. Put the liver on a platter, spread the onions over it and dust lightly with salt and pepper.

Liver with Olive Sauce

1½ pounds liver
2 cupfuls soup stock
½ teaspoonful lemon juice
1 tablespoonful flour
Salt and pepper
½ cupful chopped olives
2 hard-cooked eggs
Grated rind ¼ lemon

Cut the liver in pieces suitable for serving, then scald with boiling water, allowing it to stand five minutes. Drain, dip in flour and fry slowly in bacon or beef drippings till tender, seasoning during the cooking. Transfer to a platter, then add the flour and drippings in the pan, follow with the soup stock, and, when it is boiling and smooth, add the olives, lemon and seasonings if necessary. Pour over the meat, and sprinkle with the egg, chopped fine.

Liver en Casserole

2 pounds liver
½ cupful diced carrot
½ cupful green peas
½ cupful diced celery
2 tablespoonfuls minced onion
¼ cupful bacon fat
½ cupful flour
3 cupfuls boiling water
½ teaspoonful salt
¼ teaspoonful pepper
½ tablespoonful lemon juice

Slice the liver in pieces suitable for serving and let stand five minutes in boiling water. Drain the liver and dredge thickly with the flour, then fry in hot bacon fat until browned. Add any remaining flour and transfer to a casserole in alternate layers with the vegetables. Add the boiling water and seasonings, cover and cook slowly one and one-half hours. Serve with boiled brown rice and a crisp green salad.

Liver *à la* McAlpin

1½ pounds liver
1 pint canned tomatoes
2 shredded green peppers
2 onions, sliced
4 tablespoonfuls butter or chicken fat
3 tablespoonfuls flour
¾ teaspoonful salt
⅛ teaspoonful pepper

Order the liver sliced moderately thin. Scald it with boiling water, and peel off the tough skin and membrane. Then dip the liver in flour, fry it quickly in butter or chicken fat, salting it while cooking. Remove the liver and set in a warm place. Put the onions and the green peppers into the drippings, and fry until they are soft; then add the flour, and the tomato and seasonings. Stir constantly until thick and cook for about ten minutes. Transfer the liver to a platter, pour over the sauce and, in serving, garnish with parsley.

Calves' Hearts Smothered with Onions

Clean the hearts thoroughly, then slice crosswise in inch pieces. Peel eight medium-sized onions and cut into rings. Put a half cupful of beef drippings in a deep frying pan or heavy kettle and brown the heart and onions together. Add a bit of bay leaf, two or three cloves and a fourth cupful of celery leaves, or diced celery, dredge over a fourth cupful of flour and add water to half cover — about 3 cupfuls. Cover closely and simmer for an hour and a half.

SWEETBREADS

To Prepare Sweetbreads

Soak the sweetbreads for an hour or more in cold water. Then remove and simmer in water containing a little vinegar and salt for twenty minutes. Plunge into boiling water to harden. Then remove the tubes, skin and bits of fiber, taking great care not to break the sweetbreads. However they are to be served, this is always the preliminary preparation.

Broiled Sweetbreads

Split the sweetbreads lengthwise, dust with pepper and salt, brush with melted butter and broil until lightly browned. Serve with mushroom or yellow Bechamel sauce.

Sweetbread Timbales

1½ cupfuls minced cooked sweetbreads
½ cupful bread crumbs
¼ cupful milk
½ teaspoonful salt
Few grains pepper
½ teaspoonful minced parsley
2 egg yolks
1 tablespoonful melted butter

Cook the crumbs and milk together to a paste, combine with the other ingredients, adding the egg yolks, unbeaten, and folding in the egg whites whipped stiff at the last. Turn into well-oiled timbale moulds; stand in a pan containing boiling water and bake until firm, about twenty-five minutes, in a moderate oven. Serve hot with buttered peas or asparagus tips.

Sweetbread and Mushroom Ramekins

- 2 cupfuls diced, cooked sweetbreads
- ¾ cupful diced, canned mushrooms
- 1½ cupfuls White Sauce No. 2
- 1 egg yolk
- ½ teaspoonful minced parsley
- Few grains mace
- Buttered crumbs

Combine the ingredients in the order given, transfer the mixture to buttered ramekins, and bestrew with the buttered crumbs. Bake until brown in a moderate oven.

Breaded Sweetbreads

Split the parboiled sweetbreads in halves lengthwise; dust with salt and pepper and sprinkle with lemon juice. Dip in fine dry bread crumbs, then in egg, and crumbs again, as in making croquettes and fry, until browned, in deep fat hot enough to brown a bit of bread in forty seconds. Serve with sauce tartare.

Sweetbreads, Lenten Style

- 1 pair sweetbreads
- ½ pint oysters
- ⅛ teaspoonful pepper
- 2 shredded hard-cooked eggs
- 1 cupful cooked peas
- ¼ teaspoonful onion juice
- ½ teaspoonful soy sauce
- ¼ cupful flour
- 4 tablespoonfuls butter
- 1¼ cupfuls cream
- ¾ teaspoonful salt
- Few grains mace
- Buttered crumbs

Parboil the sweetbreads and cut each into three slices lengthwise. Wash the oysters, drain the peas and shred the eggs. Dip sweetbreads and oysters, first in melted butter, then in flour. Butter a baking dish. Lay in first a thin layer of oysters, then two slices of sweetbreads, a few peas, and repeat until all are used. Mix the seasonings with the cream. Pour over, add a sprinkling of buttered bread crumbs and set the dish in hot water in a moderate oven till browned. It will take about thirty minutes. Pass olives and celery with it.

PORK

Roast Boned Shoulder of Pork

Order a shoulder of pork boned. Stuff the opening with a well-seasoned bread dressing and skewer or sew it in place. Then score the skin for carving, and sprinkle liberally with flour, salt and pepper. Set in a moderate oven and roast until perfectly tender, about three hours, twenty-five minutes to the pound. When it is nearly done, place tomatoes, stuffed with the dressing, in the pan — one for each person — and cook till they are tender. Then remove the tomatoes and meat, and make a gravy of three tablespoonfuls of the fat in the pan, three tablespoonfuls of flour and 1½ cupfuls of water, or broth.

Tart apples may be substituted for the tomatoes.

Roast Pork

Roast loin of pork or fresh ham may be substituted for the shoulder in the preceding recipe.

Old-Fashioned Pork Pie

3 pounds blade pork
¼ cupful sliced onion
Bit of bay leaf
Salt and pepper
1 pint sliced potato
Short biscuit crust

Cut the pork in pieces suitable for serving. Brown with the onions, add the bay leaf and water barely to cover, and simmer till nearly tender — about thirty minutes. Oil a baking dish, add the potatoes and seasoning to the meat, and thicken to the desired consistency with a little flour dissolved in cold water. Cover with the crust cut into rounds, and bake in a moderate oven until the crust is browned.

Pork Chops Sauté

Dust the chops with salt and pepper and pan-broil until brown on each side. Dust with flour, barely cover with water, and simmer till tender — about thirty minutes. Season to taste with salt, pepper and a trace of sage.

Pork Chops en Casserole

2 pounds pork chops, or fresh ham cut in pieces for serving
2½ cupfuls sliced yellow turnips
1 cupful diced celery
1 teaspoonful salt
⅛ teaspoonful pepper
Dried bread crumbs
1 chopped apple
Boiling water or stock
Powdered sage

Dust the chops with salt, pepper and a little sage, roll thickly in crumbs and brown on either side in drippings. Put a layer of the turnips, apples and celery mixed in the casserole, then the chops, and repeat until all is used. Add the seasonings, and water or stock nearly to cover, set the lid in place, and cook one and one-half hours in a moderate oven. If too moist, add dried crumbs to thicken when done.

Baked Pork Chops, with Apples

Dust the chops with salt, pepper and a little sage, then roll them in finely-ground bread crumbs and place in a dripping pan. Set half of a cored apple on each one and bake about thirty minutes in a moderate oven. When the crumbs are slightly browned, a little water should be added to the pan.

Sliced Pork Creole

Select a two and one-half pound piece of fresh ham, cut about one-half inch thick. Trim off the extra fat, put the ham in a hot frying pan and cook it ten minutes, or until browned. Then add two sliced onions, a cupful of stewed tomato and a shredded green pepper and cook for five minutes longer. Add four tablespoonfuls of flour, rubbing it well into the meat, and barely cover with boiling water. Season and cook, covered, the balance of half an hour. When the time is almost up add two cupfuls of boiled spaghetti. Serve surrounded by the spaghetti.

Boiled Ham

If a small ham is desired, select a boned shoulder, or butt end of a whole ham. Otherwise use a whole ham. Scrub well with cold water containing a little baking soda and put on to cook in cold water containing a tablespoonful of mixed pickle spice, if the flavor is desired. Bring to boiling point and simmer until the ham is perfectly tender, about three hours for a ten-pound ham. Let it cool in the water. Pare back the skin, but do not remove it. Slice as much ham as is needed, fold the skin over the cut surface and wrap the ham in paraffine paper.

Pan-Broiled Boiled Ham

Slice boiled ham thin, put a little ham fat and a dusting of sugar in a frying pan, and brown the ham in it.

Virginia Baked Ham

A small, rather lean ham
6 cloves
½ teaspoonful celery seed
Sugar
Boiling water
½ teaspoonful ground cinnamon
10 peppercorns
1 quart sweet cider
Beaten egg

Wash the ham thoroughly, sprinkle with soda, scrubbing it all over the surface, rinse in cold water and place in a kettle with the clove, celery seed, cinnamon and peppercorns and a quart of sweet cider; cover with boiling water and simmer till tender, four or five hours. Remove from the water, pare off the skin and sprinkle the ham with sugar; brush over with beaten egg, then cover with ground bread crumbs, stick in cloves at even intervals and brown in the oven. Trim the meat from the bone end, and decorate the latter with celery leaves and curls. Serve with currant sauce.

Ham Roasted with Grape Juice

A lean ham
1 cupful sliced carrots
¼ cupful sliced onions
Thyme
Bay leaf
10 peppercorns
6 cloves
Grape juice

Scrub the ham with soda water, then soak it for twelve hours. Remove the end bone. Put in the bottom of a roasting-pan the carrots, onion, thyme, a bay leaf, peppercorns and cloves. Set on the ham, pour over a pint of grape juice and cover the pan closely for twelve hours. Then wrap the ham in heavy paraffine paper, or encase in a prepared paper bag, cover with a thick paste of flour and water and roast for three hours in a hot oven. Then make a hole in the paste and pour in slowly by means of a funnel the grape juice in which the ham has stood to season. Put some paste over the hole and close it, and let it roast an hour longer. When done, remove the paper carefully to preserve all the juices, dust the ham with sugar and brown it and serve plain or with grape sauce.

Braised Ham

A boned and rolled shoulder of ham
2 cupfuls diced carrots
1 cupful diced turnip
Celery leaves
2 inches stick cinnamon
¼ cupful sliced onions
2 tablespoonfuls sugar
1 cupful grape juice
6 cloves

Soak the ham over night in cold water containing a little soda. Bring to boiling point and discard the water. Caramelize the sugar in the braising pan, add the onion, and when well-coated put in the vegetables and grape juice. Set the ham in place in the pan, nearly half cover with boiling water, cover and bake gently in the oven till tender. Then remove the skin, dust with crumbs and a sprinkling of sugar, brown quickly and serve with grape juice sauce.

Pot-Roast of Ham

Order a shoulder of ham boned and rolled. Soak for twenty-four hours in water to cover. Then melt three tablespoonfuls of fat in a kettle, add a cupful of sliced onions and a cupful of diced celery, cooking until softened. Turn in the ham and brown it thoroughly. Barely cover with boiling water and simmer gently for about four hours; remove the meat, then add the desired number of pared potatoes and boil them. Skin the ham, dust thickly with crumbs and brown in a hot oven. Surround with the potatoes, garnish with celery and make a thickened sauce of equal parts of ham stock and sifted canned tomato to accompany it. Thicken with crumbs.

Pan-Broiled Ham with Cream Sauce

Freshen thin slices of ham for ten minutes in boiling water. Drain thoroughly and place in a hissing-hot frying pan, cooking first on one side, then on the other, until the edges of the fat are browned. Add 2 tablespoonfuls of flour to the fat remaining in the pan after the ham has been removed; turn in slowly two cupfuls of milk stirring constantly; add a dash of pepper and let boil. Surround the ham with this sauce and garnish with bits of parsley.

Planked Ham, Easter Style

3 pounds sliced ham, cut 3 inches thick
1 cupful white grape juice
1 cupful boiling water
2 cloves
1 inch stick cinnamon
Duchess potatoes
Stuffed tomatoes
Parsley

Soak the ham over night in cold water. When ready to cook it, drain well and place in a baking dish with the grape juice, water and spice. Cover and cook gently till almost done. Then drain and place on a well-oiled hot plank. Put the tomatoes around the ham, set in the oven and bake for fifteen minutes. Then pipe on Duchess potatoes with a pastry bag and tube, brush over with slightly-beaten egg yolk, diluted with a little milk, brown quickly and garnish with parsley.

Baked Ham in Milk

2 pounds ham sliced 1 inch thick
Flour
1 tablespoonful butter
Milk
Pepper

Soak the ham an hour in warm water; drain, place on a baking platter, sprinkle thickly with flour, season with pepper, cover with milk and dot with bits of butter. Bake until the ham is tender — about forty-five minutes.

Fried Ham with Milk Gravy

Cut the ham a quarter of an inch thick. Heat a frying pan and put in it a little of the fat trimmed from the ham. When this is melted, fry the ham rather slowly in it and make a gravy by adding a tablespoonful and a half of flour to the drippings in the pan and slowly a cupful of milk for a cupful of gravy.

SAUSAGES

Baked Sausages

Gently prick the sausages and place them on a rack in a pan. Cook in a moderate oven until they are tender, which will take about twenty-five minutes. They will not burst by this method, and the sausage fat will not be burned, and, therefore, can be used for many culinary purposes.

Baked Pork Chops With Apples

Baked Sausage With Broiled Sliced Apples

Simmered Sausages

Prick the sausages with a fork. Put in a frying pan with water to half cover, and simmer until they are browned and the water is almost evaporated; turn occasionally during the process; then make a gravy of the liquid, thickening it with flour as usual.

Farm-House Sausages

Prick the sausages with a fork, and boil ten to fifteen minutes, according to the size. Complete the cooking by sautéing until browned. Pare and core tart apples, cut into rings one-half inch thick, dip in egg and crumbs and fry slowly in the sausage fat until soft. Serve with the sausages.

Baked Sausage Potato

1 pound fresh sausage meat	1 onion sliced
2 quarts raw, sliced potato	Flour
Milk	

Rub a baking dish with drippings. Put in a layer of raw potatoes, dust with flour and add a little onion, then a layer of sausage. Continue until all is used, then barely cover with the milk, and bake in a slow oven from two to two and a half hours.

Potatoes Stuffed with Sausage

Select potatoes of medium size, pare them and cut off the tops lengthwise to form covers. Scoop out the centers, fill with sausage meat, and replace the covers, fastening them in place with toothpicks; dredge the potatoes with salt and pepper and place in a pan containing a little meat broth; bake about an hour and a quarter until tender, basting occasionally with the broth. Serve with milk gravy.

BACON

Fried Bacon

If the bacon is to be sliced at home, be sure that it is chilled, and that the knife is sharp. Have the frying pan hot. Put in the bacon and turn almost at once. Whether or not it is to be cooked crisp depends upon the variety, but in any case it should be drained on crumpled paper before serving. Generally speaking crisped bacon is more digestible than that which is fat and moist. It should be cooked so slowly that the bacon fat does not burn.

Baked Bacon

Cut off the bacon rind and lay the bacon on a rack in a pan; bake until crisp — about twelve minutes. Drain the fat into a jar and keep for cooking purposes.

POULTRY AND GAME

How to Clean Poultry

If the birds have not been cleaned and drawn at the butcher's, it will be necessary for the housewife to attend to these details, which need not be irksome or disagreeable, if she knows how to do it.

First of all remove the pin feathers with a pair of broad tweezers. Then singe the bird by means of a little alcohol which has been poured into a saucer and lighted; or if this is not at hand twist up some newspaper into thick strips and use this. The bird should be turned constantly so that it will be thoroughly singed in every part. The head should then be removed, and the crop, attached to the gullet and the windpipe, may be drawn out of the neck opening. It is not usually necessary to make a slit in the neck. The neck should be cut off about two inches so that the skin may be folded back to present a neat appearance when the bird is cooked. The neck trimmings should be saved towards making stock.

The tendons should then be removed from the legs, for these harden on cooking and form the flinty, disagreeable substance with which we are all familiar in the "drumsticks." Make an inch slit lengthwise through the skin below the knee joint at one side; on laying open this skin, the tendons, which are shiny white cords, will be revealed. Slip a skewer or nail under each one and pull them out.

Then make a two-inch opening near the vent, insert two fingers, and gently loosen the entrails. When everything is loose, grasp gently the hardest substance — the gizzard — and pull it out. Everything else will come with it. Be careful not to press anything too hard and then there will be no muss, and no danger of breaking the gall bladder. When this has all been done, insert the hand and remove the spongy substances which lay under the breast in cavities, and the kidneys which will be found a little more than half way down the backbone in similar cavities. Then let cold water run through the bird until it is thoroughly cleaned. If the bird does not seem white on the outside, scrub it off with a little soap and water. This treatment is usually advocated only for goose, but it improves all poultry, unless they are freshly killed. If a bird looks wizened, let it stand for a few minutes in water to plump up. This treatment is especially good for cold-storage birds.

Dressing Birds for Broiling

Remove the head and pin feathers, singe, and draw the tendons, as described. Then with a sharp, heavy knife split the bird down the back, through the backbone; the entrails can then be easily removed. If there is ample time, scrape away the flesh from the breastbone and lift that out, and carefully scrape away the rib bones and remove them. This makes the bird much easier to eat and more sightly. The legs should also be separated at the second joint.

Preparing Birds for Fricassee

Clean, draw and remove the tendons, as directed. It is not at all difficult to prepare the bird for a fricassee if the knives are sharp. Cut off the legs at the first joint, using a sharp knife, then separate them at the second joint. This is easily done if the legs are bent. Then cut off the wings and disjoint them. Separate the breast from the back; divide the back into four pieces, slit down the breast cutting it in two. If desired the breast halves may be subdivided. This makes the white meat go farther

Trussing and Stuffing Poultry

First put a little stuffing in the neck and around at the sides where the crop has been. Then fold over the skin to the back and secure it with a small skewer; then put in enough stuffing through the incision made in drawing the chicken to fill it three-fourths full. If too much is put in, the stuffing will swell and the bird will burst. First, however, the oil bag should be removed. To do this, cut around it with a sharp knife, and, after removing, tuck the tail into the opening, and sew it up with lightweight twine and, if possible, a curved surgical needle which can be kept for the purpose. Pinion the wings at the side of the bird. Then take a long trussing kneedle — thread it with lightweight string, pass it through the wing and directly through the bird and through the other wing and then back again, making the two stitches about one-half inch long. Tie the string in a bow-knot so that it can be easily removed when the bird is done. Fasten the legs in the same way. This takes but two or three minutes and is infinitely superior to the old-fashioned way of wrapping a bird around with yards of string.

When the bird is not to be stuffed, great care should be taken not to make a long incision in cleaning it, the ends of the drum sticks being tucked into the incision before the bird is trussed.

The Giblets and Feet

If a chicken is being used, the feet should be saved. Skin them and put them on to cook with the giblets. To prepare the giblets, wash the heart and cut it in two, lengthwise. Cut off the gall bladder from the liver; this is an unmistakable green sack, and great care must be taken not to break it, as it contains a very bitter substance. Cut through the thick part of the gizzard, empty it and pull out the inside tough skin. Rinse the liver; put on to cook with the tips of the wings, the feet and the trimmings from the neck in a quart of boiling water. Use this stock instead of water in making the gravy. Serve the giblets, chopped fine, in the gravy, if desired. If this is not desirable, chop the giblets, and the next day make a gravy for them from the stock and transfer with this sauce to ramekins; break an egg into each ramekin. Dot with salt and pepper and shir.

STUFFINGS FOR BIRDS

Bread Stuffing

2 cupfuls soft bread crumbs
¼ cupful any good cooking fat
¾ teaspoonful salt
¼ teaspoonful pepper
1 tablespoonful finely-minced onion
1 teaspoonful finely-minced parsley or
½ teaspoonful dry parsley, if convenient

Combine the ingredients and moisten to a paste with hot water. To vary this dressing add a half cupful of minced white celery leaves or stock, or moisten it with half a cupful of sifted canned tomato. Sage, thyme, or poultry seasoning may be added to taste, or a little finely-minced, left-over, cooked bacon or sausage may be added.

Prune Stuffing

½ cupful unsweetened cooked prunes cut into bits
1 cupful English walnut or hickory nut meats
2 cupfuls soft bread crumbs
1 teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful onion, minced fine
Boiling water to moisten
½ teaspoonful curry powder
¼ teaspoonful savory
¼ teaspoonful thyme
¼ teaspoonful marjoram
2 tablespoonfuls butter, melted

Mix the ingredients in the order given, making the dressing rather moist.

Chestnut Stuffing

Shell and blanch fifty French chestnuts or two quarts of American chestnuts. To do this, split each nut with a knife; put on in cold water, bring to the boiling point and boil one minute. Drain, add a little butter (about 2 tablespoonfuls), stir and shake over the fire, then remove the shells and skins together. Chop the nuts fine, add 3 tablespoonfuls butter, one tablespoonful salt, ½ teaspoonful pepper, 1 tablespoonful of minced parsley, ½ teaspoonful of powdered thyme and a cupful of stale whole wheat bread crumbs. Add water for moistening if necessary.

Potato and Walnut Stuffing for Goose

3 cupfuls fresh mashed potato
1 onion grated
¾ cupful walnut meats
¼ teaspoonful pepper
1 teaspoonful poultry seasoning
1½ teaspoonfuls salt
1 tablespoonful butter
¼ cupful milk
1 egg

Mix in the order given and use at once.

Peanut Stuffing for Duck

2 cupfuls whole wheat bread crumbs
1 cupful peanuts, chopped
Salt and pepper
3 tablespoonfuls melted peanut butter
½ teaspoonful onion juice
Few grains paprika
Hot cream to moisten

Mix the ingredients in the order given.

Malaga Stuffing

2½ cupfuls soft bread crumbs
3 tablespoonfuls melted butter or oleomargarine
¼ teaspoonful salt
⅛ teaspoonful pepper
1 egg (if desired)
1 cupful halved and seeded Malaga grapes
Boiling water to moisten

Combine the ingredients in the order given, making the stuffing rather moist.

Steamed Chicken

Dress the chicken as for roasting, but do not stuff it. Truss as directed and brown the chicken all over in drippings, melted chicken fat, or bacon fat if the flavor is liked. Dust with salt and pepper. Place on a platter or in a pan that will fit into a steamer and steam until tender — about an hour and a quarter for a three or four pound chicken. Fowl may be prepared in this way, but it will be necessary to steam it for four hours. In this case lay two or three small pieces of bacon on the breast of the fowl.

Roast Chicken

Dress, stuff and truss the chicken as directed. Rub lightly with butter or oleomargarine and dust thickly with flour, and a little salt and pepper. Place on a rack in a dripping pan, or in a double roaster, allowing a little of the flour, about 2½ tablespoonfuls, to fall on the bottom of the pan. Place in a hot oven and let stand until the flour in the pan is colored a light brown. Then add boiling water barely to cover the bottom of the pan, together with some bits of butter, a little melted chicken fat, some drippings or some bacon fat, if the flavor is desired. Baste the chicken with this mixture and replenish the liquid if it evaporates too fast. Roast a five-pound chicken one and one-half hours, or allow eighteen minutes to the pound.

Reduce the heat after the flour is browned, as, otherwise, the chicken will be dry, instead of juicy and tender. The drippings in the pan, with a little hot water, which may be added slowly to them, will make a gravy of sufficient thickness without adding any more flour. Salt and pepper, hot milk, hot cream, a little cooked celery, or a dozen small oysters may be added to the chicken gravy.

Chicken or Duck Roasted Under the Gas Flame

See general directions for roasting by this method, and allow twenty minutes to the pound.

Broiled Chicken

Dress the chicken as directed. Then sprinkle with salt and pepper, place in well-oiled broiler, flesh side up, and broil five minutes. Turn to brown the skin. Place in a dripping pan with a little stock, and dot with bits of butter. Cover with a second pan and set in a hot oven twenty minutes. Serve on a hot dish with a sauce made from the drippings, if desired.

Chicken Stew, with Dumplings

Remove all the meat that remains on the framework of broiled, fricasseed or roast chicken. Add to the bones 6 cupfuls cold water (for one chicken) or 10 cupfuls for two. Turn in any remaining gravy, bits of skin, etc., add one-half a small onion, minced, for the first quantity, and a few dried celery leaves, and bit of bay leaf. Cover closely and bring slowly to boiling point, then simmer for two hours. Strain, remove the fat and add $\frac{1}{2}$ cupful of brown or uncoated rice, the bits of chicken and a cupful of peas if convenient. Boil till the rice is almost tender (about fifteen minutes), season and set dumplings on top of the stew to cook. Boil twelve minutes longer, and serve at once.

Old-Fashioned Chicken Pot-Pie

1 (3-pound) fowl	½ cupful cream
½ cupful fat salt pork, diced	Salt and pepper to taste
3 cupfuls boiling water	Short biscuit crust
4 tablespoonfuls flour	

Clean and disjoint the fowl. Heat a small iron pot and put the salt pork in it. Try out the fat, then toss in the chicken, and cook until well-browned. Add the water, cover and let simmer over the heat or in the oven till tender. Season, add the flour and cream, blended, let boil up once and set the paste in position in a casserole as follows: Cut a strip two inches wide and line the inside of the casserole. Pour in the chicken mixture, set a round cover in place over the top of the boiling liquid, and pinch the two edges together; set in the oven and bake till light brown. Invert on a platter, and serve surrounded with buttered peas or asparagus tips.

Potted Chicken

Select a fowl weighing from four to six pounds. Singe and clean, then brown all over in beef or bacon drippings. Slightly fry an onion, a cupful of celery tips and diced stalks and a half cupful of carrots; add the chicken, and a little boiling water; put in two cloves, six peppercorns, a teaspoonful of salt, a bit of bay leaf, and simmer until tender — about four hours, replenishing the water as needed. Serve with a gravy made from the stock, thickened with cooked brown or uncoated rice.

Chicken Fricassee

Dress, clean and cut up a fowl according to the general directions. Put the pieces in a kettle with 4 tablespoonfuls of drippings; let them brown slightly on both sides, but take care they do not burn. When slightly browned, add enough boiling water to cover, salt and pepper and a bouquet of herbs. Simmer until tender, about three hours for a fowl, and one and one-half hours for chicken. Make a sauce of 2 tablespoonfuls of butter or oleomargarine and 4 tablespoonfuls of flour. Add to it slowly 2 cupfuls of the liquid in which the chicken was cooked. Season to taste with salt and pepper. Arrange toast or split biscuits on a hot dish, place the chicken on the bread and pour over the sauce. A border of boiled brown or uncoated rice may surround the chicken if the toast or biscuits are not used.

Fried Chicken

Select a young chicken. Disjoint and cut up as for fricassee. Roll each piece in flour and brown in a frying pan in equal parts of lard and butter, dusting the chicken, as it cooks, with salt and pepper. Turn only once. This browning process should take about twenty minutes, and, after this length of time, the meat should be cooked through. Then place the chicken in a pan, or on a platter, dot with a little extra butter and steam it for an hour. This will make it very tender.

Make a gravy of the drippings in the frying pan; add additional flour, if judgment so dictates, and use thin cream or rich hot milk as the liquid.

Plain Chicken Casserole

Dress and disjoint a chicken, according to the general directions. Roll in flour, dust with salt and pepper, pack in a casserole, and barely cover with boiling water. Cook gently until the chicken is tender, about one and three-quarter hours. Serve plain with the resulting gravy or add a half cupful of sweet or slightly sour cream to the gravy, together with a little extra thickening to make up for the dilution. Fowl may be used in the same way, if four hours are allowed for the cooking.

Chicken Casserole, Southern Style

1 3-pound chicken
4 tablespoonfuls beef drippings
1 tablespoonful minced parsley
1 tablespoonful minced carrot
1 tablespoonful minced turnip
3 shredded green peppers
1 tablespoonful minced onion
¼ cupful flour
1½ cupfuls sifted stewed tomatoes
1½ teaspoonfuls salt
⅛ teaspoonful pepper
Few grains cayenne
2 to 3 cupfuls boiling stock

Dissect the chicken, roll in flour and brown it in the beef drippings, together with the vegetables. Put the chicken in layers in the casserole, sprinkling the vegetables and the flour, mixed with the seasonings, between each layer. Then pour over the tomato purée and stock to cover, put on the lid and bake an hour and a half to two hours in a moderate oven.

Chicken Casserole, Spanish Style

1 2- or 3-pound chicken or fowl
1 cupful finely-chopped tongue
½ cupful brown or uncoated rice
2 sweet peppers
1 cupful sifted canned tomato
1 tablespoonful butter
Salt to taste

Dissect the chicken as in the general directions, arrange in a kettle, almost cover with water and simmer till tender. Then remove the skin, replace the chicken in the broth, add the tongue, the rice, the sweet peppers, boiled and minced, and a teaspoonful of salt. When the rice is tender, add the tomato and butter, and serve in a border of additional rice.

Chicken Pot Pourrie

1 4-pound fowl
4 tablespoonfuls minced ham
2 tablespoonfuls minced onion
1 shredded green pepper or pimento
1 teaspoonful salt
4 cupfuls stock or water
2 cupfuls stewed tomatoes
1 cupful spaghetti
¼ teaspoonful pepper

Clean and disjoint the fowl. Melt 4 tablespoonfuls of butter or fresh drippings in a frying pan, add the onion, ham and fowl and cook until the latter is browned. Then put in a large casserole with the pepper, stock or water, the spaghetti and the tomato. Cover closely and bake gently till tender, about two hours. Season to taste with salt and pepper.

Chicken Maryland

Disjoint two broilers, or " frys," or a three- or four-pound roasting chicken, as for fricassee. Roll in melted bacon drippings or butter, season with a little salt and pepper, then roll in flour and place skin side up in a dripping pan. Put a small strip of salt pork or bacon on each piece, set in a quick oven and, when the flour begins to brown, add a little water to the pan. Baste every ten minutes, and, after the chicken is well-browned, cover it. A double roaster is excellent for this purpose. Cook until the meat is tender, from forty-five minutes to an hour, and serve with White Sauce No. 2, made with equal parts of milk and cream.

Chicken Italian

- 1 fowl
- 6 green peppers
- 2 onions
- 2 cupfuls tomato pulp
- Salt and pepper
- 3 tablespoonfuls olive oil

Boil the fowl till tender, then disjoint and skin it. Shred the peppers and onions and cook, till softened, in the olive oil. Add to the tomato pulp, season, and pour very hot over the chicken.

Boned Chicken *à la Royale*

Dress a large chicken, fill with stuffing *à la Royale*. Truss, and lay on strips of bacon or salt pork. Place in a deep baking dish or casserole in the oven, pouring around a pint of consommé. Baste frequently, and, when almost done, remove the cover and let the chicken brown. Strain the sauce, thicken as for gravy, add ½ cupful of fresh mushrooms sautéd. Serve with a garnish of the remaining stuffing baked in small timbales.

Chicken Stuffing *à la Royale*

- 4 cupfuls bread crumbs
- 2 cupfuls minced ham
- 1 cupful dried mushrooms, soaked and chopped
- 1 tablespoonful minced parsley
- Milk to moisten
- 1½ teaspoonfuls salt
- 1 teaspoonful thyme (powdered)
- ½ teaspoonful sweet marjoram
- 1 teaspoonful onion juice
- 2 egg yolks
- ½ cupful melted butter
- Grating nutmeg
- ¼ teaspoonful pepper

Put together in the order given; moisten with milk, and use.

Cold Chicken Glacé

Boil a chicken or young fowl, until tender, in salted water containing a little celery seed, bit of bay leaf, slice of onion and a little lemon peel. Cool, disjoint and remove the skin. Cook down the broth to one-fourth the original amount, when it will have the consistency of a sauce. While still warm, dip the chicken pieces in it, drain and set away to cool in the refrigerator. The chicken will then be covered with a thin shining gelatine, which gives a glossy, inviting effect. Serve arranged on a bed of watercress.

Chicken Mousse Loaf

4 cupfuls chopped, cooked chicken
2 cupfuls boiling chicken stock, well seasoned
2 tablespoonfuls granulated gelatine, dissolved in
4 tablespoonfuls cold stock

Add the gelatine to the boiling stock and stir until dissolved. Add the chicken. Then prepare the second mixture consisting of

1 cupful heavy cream
2 cupfuls chicken stock
2 tablespoonfuls granulated gelatine, dissolved in
4 tablespoonfuls cold stock

Add the gelatine to the boiling stock, and, when partly set, fold in the cream, whipped stiff.

In the bottom of an oval mould rubbed lightly with olive oil, arrange a poinsettia blossom with petals cut from pimentoes and a slice of hard-cooked egg yolk as a center, and parsley as a stem, fastening it in place with melted gelatine. When "set" pour in an inch layer of the cream mixture, let almost stiffen, and add a layer of chicken, continuing until all is used. At serving time unmould on a large platter, garnished with lettuce and parsley, and surround with cups hollowed from beets, filled with salad dressing.

Roast Duck

Dress and clean the duck as in general directions. Stuff with apples, pared and cored, to absorb the flavor. Truss, place on a rack in a dripping pan with two thin slices of salt pork on the breast. Dredge the duck and the bottom of the pan with flour. When this is brown, add a half cupful of hot water. Baste every fifteen minutes until done. It will take from one to one and one-quarter hours for a domestic duck, thirty minutes for a wild duck. Sprinkle with salt and pepper during the last fifteen minutes of cooking. Make a brown gravy as for other roasts. This stuffing is not to be eaten. If an onion flavor is desired, place onions in the bird instead of apples. If the stuffing is to be eaten, use a plain prune, peanut, malaga or walnut and potato stuffing.

Smothered Duck

1 2- or 3-pound duck
1 small minced onion
Salt and pepper
1 minced sage leaf
4 tablespoonfuls butter or drippings
3 tablespoonfuls flour
Stock to half cover duck
1 pint green peas
Soy sauce
Sprinkling of dried mint

Dress the duck, dredge with salt and pepper, place the onion and sage inside the body and partially roast the bird. Set in a deep baking-dish or casserole, and half cover with hot stock, using about four cupfuls. Thicken with butter and flour rubbed together, season, if necessary, and add the peas and a trace of mint. Let bake or stew till tender, about thirty minutes longer. Season with soy sauce. Serve with hominy croquettes and sour cabbage.

Brown Duck

1 3-pound duck
2 tablespoonfuls minced onion
4 tablespoonfuls beef drippings
Bit of bay leaf
3 tablespoonfuls flour
1 cupful mushrooms
Stock

Dress and disjoint the duck. Dredge with salt and pepper, and brown with the onion in the drippings. Add the bay leaf, half cover with good soup stock and simmer until almost tender — about two hours. Then add the mushrooms cut in bits, and finish cooking. Thicken with the flour diluted in a little cold water, and serve very hot.

Roast Goose

Scrub the goose on the outside with soap and water, and rinse thoroughly. Then dress as in general directions, rinsing well, and hang up for a few hours to drain. Season the inside with a little powdered sage, salt and pepper. If desired, it may be stuffed, although this is not customary with a young goose. After trussing place on a rack in the pan and cook an hour; then pour off the fat in the pan and dredge the bird with flour, sprinkle with salt and pepper and lay slices of salt pork along the breast. When the flour is browned, baste the goose often with salted hot water, dredging with flour each time as well. Cook until the joints separate easily — from one and one-half to three hours. If the goose is a year or more old, it should be steamed until nearly tender, then floured and browned.

In making the gravy pour off most of the fat in the pan, then make as usual; the chopped, cooked giblets are an addition. If dressing is to be used, the most satisfactory is of potato and walnuts.

Roast Turkey

Dress and truss the turkey according to general directions. Use any desired stuffing — plain stuffing with celery, or one containing chestnuts. When trussed, rub the turkey all over with a mixture of equal parts of butter and flour. Place on a rack in a dripping pan and set in a double roaster. Bake according to general directions, basting every fifteen minutes. Allow three hours for a turkey weighing eight to ten pounds.

Boiled Turkey

1 turkey
6 cupfuls bread crumbs
1 teaspoonful sage
1 teaspoonful thyme
1 teaspoonful marjoram
2 anchovies or sardines, chopped
Grated rind ½ lemon
½ cupful chopped suet
1 egg
1½ teaspoonfuls salt
Pepper
Boiling water

Make a dressing of the above ingredients. Stuff the turkey, leaving space for the filling to swell; sew it up, truss it and wrap in cheesecloth. Set to cook in boiling salted water barely to cover and simmer until tender — two hours for a young turkey and four for an old one. Serve with oyster or celery sauce.

Boiled Turkey with Oyster Forcemeat

Prepare a turkey for boiling, as in the preceding recipe, substituting oyster forcemeat for the dressing mentioned. Finish as directed and serve garnished with oyster forcemeat dumplings.

Chicken Pot Pourri

Chicken Mousse Loaf

Oyster Forcemeat Dumplings

1 small loaf stale bread, grated
1 pint oysters, well-drained
Grated rind ¼ lemon
Few grains nutmeg
¼ teaspoonful pepper
1½ teaspoonfuls salt
⅓ cupful melted butter, or other fat
3 eggs
A little cream or undiluted evaporated milk to moisten

Chop the oysters fine, add to the grated crumbs together with the other ingredients and mix very thoroughly. This is sufficient to stuff a small turkey and to allow for a few small dumplings. To prepare these, make the mixture into egg-sized balls and poach them in the turkey liquor for twenty minutes before the bird is to be served.

Broiled Squabs

Truss the squabs according to general directions; dust with salt and pepper, and pour over a little melted butter. Broil flesh side to the heat until browned, then turn and broil the skin side. Finish the cooking in the oven, which will take about twenty-five minutes.

Serve on slices of toast moistened with the residue from the pan, and spread lightly with tart currant, or barberry, jelly.

Casserole of Stuffed Pigeons

Allow a pigeon to each person. Stuff with brown or wild rice boiled with a bit of bay leaf and highly seasoned with onion juice and celery salt. Truss the pigeons, roast them till well-browned in a hot oven, then transfer to a casserole; pour over the drippings from the baking pan, half surround with stock, cover and bake gently for an hour, then remove the birds, thicken the remaining stock and season it with tart currant jelly.

Pigeon Pie

3 pigeons, dressed and split
Bit of bay leaf
1 cupful diced celery
6 tablespoonfuls flour
Salt pork
1 cupful peas
3 cupfuls boiling water
1 cupful cream
4 tablespoonfuls butter
Short biscuit crust

Dress and split the pigeons, dredge with flour, sauté (fry) slightly in salt pork fat and place in a casserole or braising dish. Add the bay leaf, celery and boiling water. Bring all to boiling point and let simmer until tender, about one and one-half hours, adding 2 teaspoonfuls of salt at the end of an hour. Thicken with the butter and flour rubbed together, add the peas and let boil. Turn in the cream, scalded, season to taste, pour into a baking dish, and set the crust quickly in place. Bake until browned.

Woodchuck, Clover Style

After removing the pelt, place the animal on ice for twenty-four hours, then dress as rabbit. That is, split the body lengthwise (including the head) and carefully remove all the organs, especially the little bunches or "kernels" under the forepaws, which will otherwise impart a strong flavor to the game. Stand thirty minutes in cold, salted water, then drain, wipe dry and sprinkle liberally with salt and pepper and a dash of curry. Stuff with prune dressing and sew carefully into shape. The animal is now ready to "truss." To accomplish this successfully, cut the sinews under both front and hind paws, bending the forepaws backward and the hindpaws forward, pinning each securely into position by means of skewers. Tie a string around the animal's neck, then catch it on the first set of skewers, pass around the body and fasten securely on the second set. Wrap in cheesecloth, and plunge into spiced boiling water to cover, simmering it one hour.

The water should contain:

1 slice of onion
1 bay leaf
A 2-inch stick cinnamon
1 tablespoonful vinegar
1 teaspoonful salt

Remove the cheesecloth and place the woodchuck in a baking pan, and dredge with ¼ cupful flour, allowing part of it to fall upon the pan. Insert a narrow strip of bacon along the back. When the flour browns, baste every ten minutes, for an hour, with 3 cupfuls of hot water, containing ½ cupful of butter, and a few spices.

Remove the skewers and string; lay the woodchuck on a bed of clover blossoms and leaves (as that is the favorite food of the little animal) and garnish with strips of bacon and lemon slices, alternately on back, bits of pimentoes in the eye sockets and a slice of lemon in the mouth. Serve with the gravy from the baking pan, further seasoned with ½ cupful of stuffed olives, sliced, 2 tablespoonfuls minced cooked onion, and ¼ cupful sliced cooked carrots. The flavor is delicious — a cross between duck and squirrel, yet more delicate than either.

Planked Guinea Chicken

1 2-pound guinea chicken
24 cooked asparagus tips
4 green pepper rings
Duchess potatoes
3 lemon slices
½ tablespoonful minced parsley
½ tablespoonful minced pimento

Singe the guinea chicken, remove the pin feathers and split the chicken down the back, removing the entrails. Wash well and dry. Dust with salt and pepper. Put the plank in the oven to become hot, then partly broil the guinea chicken; brush the plank over with butter, set the chicken on it, skin side up, and finish cooking in a hot oven. Altogether, it will take from thirty-five to forty-five minutes. Prepare the asparagus tips, putting six in each pepper ring. Pipe Duchess potatoes about the chicken in ribbons and rosettes, with a pastry bag and tube, brush with slightly-beaten egg yolk diluted with a little milk and brown quickly in the oven. Set bundles of asparagus in place, two on each side, and make wreaths of parsley and cranberries cooked in syrup at either end. Cover half of each lemon slice with minced parsley and the remaining half with pimento, and place on the breast of the chicken.

Squirrel Stew

2 gray squirrels, cleaned and disjointed
2 onions diced
1 green pepper, shredded
1 cupful diced celery
1 cupful minced carrots
½ cupful brown or uncoated rice
2 tablespoonfuls flour
Salt and pepper

Put the squirrels on to simmer in two quarts of boiling water, adding water as it evaporates to keep the amount constant. When tender remove the meat from the bones, crack the bones and return them to the broth to cook an hour longer. Dice the meat, dust it in the flour and set aside. Sauté (fry) the vegetables in butter or oleomargarine until soft and yellowed; add to the broth with the rice, a teaspoonful of salt and a little pepper; cook until the rice and vegetables are done. Then add the floured squirrel meat and let it boil about three minutes.

Casserole of Squirrel

2 gray squirrels cleaned and disjointed
½ cupful brown or uncoated rice
2 green peppers, minced
1¼ cupfuls celery, diced
1 cupful diced tart apple
Salt and pepper
Flour

Roll the squirrel sections in the flour, and lay in the casserole; sprinkle with salt and pepper and lay on the rice and some of the vegetables and apple. Continue in this way until all is used, cover with boiling water, and bake gently until the meat is tender, renewing the water occasionally as is necessary. The exact length of time cannot be given, as it depends upon the age of the squirrel.

Pheasant with Oysters

2½ cupfuls cold, cooked pheasant, diced
1 tablespoonful minced green pepper
1 pint small oysters, steamed
3 tablespoonfuls flour
3 tablespoonfuls butter
2 cupfuls cream or rich milk
Salt and pepper to taste

Fry the green pepper in the butter, gently, until soft, then add the flour, seasonings, and gradually the cream to make a sauce. Stir in the pheasant, add the oysters and serve on buttered toast, with boiled brown or wild rice.

Rabbit Pie

1 large rabbit
½ cupful minced onion
1 cupful minced celery
Flour
Boiling stock
Mace, salt and pepper
2 tablespoonfuls drippings
Short biscuit crust

Dress the rabbit (see Woodchuck, Clover Style) and boil until tender in salted water containing a little vinegar. Then drain and roll in as much flour as it will take up. Melt the drippings in a frying pan, add the onion and celery and brown the meat. Add stock barely to cover, season to taste with mace, salt and pepper and pour into a well-oiled baking dish. Cut the crust in rounds, set in the boiling liquid and bake until the crust is done — about twenty-five minutes.

Hasenpeffer

Dissect a large rabbit (see Woodchuck, Clover Style); wash well and put it in a crock with 1½ cupfuls sliced onions, 1½ teaspoonfuls salt, ½ teaspoonful pepper and 3 teaspoonfuls pickle spice. Cover with weak vinegar and let stand three days in a cool place. Then drain, add water barely to cover and simmer until tender. Rub together a tablespoonful of flour and a tablespoonful of butter or drippings for each cupful of liquid and thicken the meat with it. Add a dash of sharp vinegar and more seasonings if necessary.

Sometimes the flour is omitted and the mixture is thickened with crumbled gingersnaps.

LEFT-OVER MEATS

Hash

Chop the meat fine, but do not put it through the food chopper; add half as much chopped cold, cooked potato and a tablespoonful of scraped onion to each two cupfuls of the hash mixture. Season to taste with salt and pepper and moisten with milk or gravy. Turn the mixture into a heated frying pan containing sufficient melted drippings to prevent sticking. Press down flat and cook slowly until browned on the bottom. Fold over like an omelet for serving.

Hash Timbales

Generously oil timbale moulds, or custard cups, with savory drippings, then dust them thickly with fine, dry bread crumbs. Pack in hash prepared according to the preceding recipe, dust with crumbs and bake twenty minutes in a hot oven. Tip out on a hot platter and serve surrounded with tomato sauce.

Baked Ham Hash

1½ cupfuls chopped ham
2 cupfuls chopped cooked potato
2 cupfuls chopped celery
2 tablespoonfuls chopped onion
4 tablespoonfuls chopped green peppers
2 cupfuls milk
Salt and pepper

Mix all the ingredients together and turn into a frying pan containing a tablespoonful of melted fat. Cover and bake for half an hour in a moderate oven. Then fold, as in making an omelet, and serve plain, or with a tomato or cream sauce.

Beef and Tomato Pie

4 cupfuls chopped cooked beef
1 pint well-seasoned stewed tomatoes
Onion juice to season
Mashed potatoes
Dry bread crumbs (white or whole wheat)

Oil a baking dish with savory drippings, put in a layer of the tomato mixed with the onion juice, then a few crumbs and then a layer of meat. Continue in this way until all is used; then pile on the potato, roughly. Brush with milk and cook in a moderate oven for thirty minutes.

Beef-Balls with Rice

3 cupfuls cooked beef, minced
¾ cupfuls soft bread crumbs
½ cupful gravy or stock
½ teaspoonful salt
Few grains pepper
1 egg
½ teaspoonful onion juice

Cook the crumbs and gravy until pasty; combine all the ingredients, let chill, form into balls, roll in flour and brown in beef drippings. Serve on a bed of boiled brown or uncoated rice, with tomato sauce.

Creamed Corned Beef

2 cupfuls diced corned beef
2 cupfuls milk
2 tablespoonfuls butter or drippings
¾ teaspoonful salt
2½ tablespoonfuls flour
Stalk celery
1 slice onion
⅛ teaspoonful pepper

Scald the milk with the celery and onion. Remove the vegetables, rub the flour and fat together and thicken the milk. Add the meat and seasonings, re-heat and serve on toast. A cupful of peas is an addition.

Escalloped Corned Beef

3 cupfuls coarsely-chopped corned beef
1 chopped onion
½ cupful chopped celery
3 tablespoonfuls butter or drippings
¼ cupful flour
2½ cupfuls milk
1 teaspoonful salt
Few grains mustard
½ cupful buttered dry bread crumbs

Fry the onions and celery in the butter till softened; stir in the flour and seasonings and gradually add the milk to make a sauce. Combine with the corned beef, transfer to a well-oiled baking dish, cover with the crumbs and bake until browned in a moderate oven.

Creamed Tongue

- 2½ cupfuls diced, cooked tongue
- 2 tablespoonfuls minced pimentoes
- 2 tablespoonfuls flour
- 2 tablespoonfuls butter or oleomargarine
- ¼ teaspoonful onion juice
- 1 teaspoonful lemon juice
- 2 cupfuls milk
- ½ teaspoonful salt
- ⅛ teaspoonful pepper

Melt the butter, add the pimentoes, and, when softened, the flour, seasonings and, gradually, the milk. Add the meat. Let stand over hot water till very hot, then serve in a border of boiled brown or uncoated rice.

Casserole of Pork Roast

- 6 cupfuls cold pork, cubed
- 2 onions
- 1 pint stewed tomatoes
- 2 cupfuls cooked brown or uncoated rice
- 1 teaspoonful Worcestershire sauce
- 2 teaspoonfuls sugar
- Boiling water

Cut the onions fine. Add the pork, tomatoes, rice and seasonings and cover with boiling water. Stew for a few minutes, turn into a casserole, cover and bake one and one-half hours in a slow oven.

Veal in Ramekins

- 1 pint cooked veal, cut in cubes
- 2 cupfuls cooked celery, cut in cubes
- 1 cupful celery stock
- 1½ cupfuls milk
- Few drops onion juice
- 2 tablespoonfuls flour
- 2 tablespoonfuls butter or oleomargarine
- Bay leaf
- Grating of lemon rind
- 1 tablespoonful tomato catsup
- Buttered crumbs
- Salt and pepper

Scald the bay leaf and lemon rind with the milk. Cook the celery till tender, and add ½ cupful of the liquor to the milk. Make a white sauce of this with the butter and flour. Add the celery, meat and seasonings. Pour into well-oiled ramekins, cover with buttered crumbs, and bake till brown.

Rechauffé of Veal

3 to 4 cupfuls diced cold veal
3 cupfuls stock or half gravy and water
4 tablespoonfuls flour
3 tablespoonfuls butter or drippings
½ cupful canned tomato juice
½ teaspoonful onion juice
Salt and pepper to taste

Melt the butter, stir in the flour, gradually, then the stock and tomato. Add the veal, and the onion juice and seasonings. Let stand to become very hot and serve on split baking powder biscuits, or in a border of boiled brown or uncoated rice.

Forcemeat-Balls

1 cupful cooked veal, pounded
3 tablespoonfuls cream or melted butter
¼ cupful fine soft crumbs
Salt and pepper to taste
1 teaspoonful minced parsley
1 teaspoonful minced shallot
2 hard-cooked egg yolks
1 egg white

Cook the crumbs in the cream till smooth. Add to the pounded veal with the other seasonings and the egg yolks, make into little balls, roll in slightly-beaten egg white and poach in boiling, salted water. Calves' brains blanched and boiled as sweetbreads may be used in place of the veal. Serve in soup.

Liver Terrapin

2 cupfuls cooked liver, either fried or boiled
2 tablespoonfuls butter
¼ teaspoonful salt
¼ teaspoonful poultry seasoning
½ cupful chopped olives
1 teaspoonful minced parsley
1 hard-cooked egg
1 tablespoonful flour
¼ teaspoonful paprika
¼ teaspoonful mustard
1 cupful liver stock
1 teaspoonful lemon juice

Rub the egg yolk smooth with the butter, flour and seasonings, add the hot stock, let boil up once, and add the liver cut in one-quarter inch cubes, the chopped olives, parsley and lemon juice. Pour into ramekins, cover with buttered crumbs and bake until brown. Garnish with parsley, and egg whites cut in rounds.

Liver in a Potato or Rice Border

Prepare liver terrapin, as in the preceding recipe. Instead of baking it in ramekins, pour the liver in the sauce into a border of mashed potato, or boiled brown or uncoated rice, or boiled hominy.

Rice and Meat Loaf

2 cupfuls any chopped cooked meat
½ cupful stock or gravy
3 tablespoonfuls flour
3 tablespoonfuls butter or drippings
2½ cupfuls cold, boiled, brown or uncoated rice
Seasonings to taste

Add the stock to the meat, heat and thicken with the fat and flour rubbed together. Season to taste. Oil a bread pan, thoroughly, line it with the rice, packing it in tight, press in the meat and cover with the rice. Set in the oven and bake until firm — about thirty minutes. Serve with tomato sauce.

Minced Lamb or Mutton with Tomato

3 to 4 cupfuls minced mutton
2 cupfuls canned tomatoes
1 cupful gravy, stock, or boiling water
3 tablespoonfuls flour
½ teaspoonful sugar
Salt and pepper to taste

Mix the meat, flour, salt, pepper and sugar. Add the tomato and gravy and let come to a boil. Pour into a well-oiled baking dish and cover with buttered crumbs, or flakes, and dot with butter. Bake thirty minutes in a moderate oven.

Chop Suey

1½ cupfuls diced cooked veal or pork
8 medium-sized onions, chopped
2 cupfuls chopped celery
4 sweet peppers, chopped
1 tablespoonful sugar, caramelized
1 tablespoonful olive oil
1 pint meat broth
1 cupful uncoated rice, boiled
½ cupful soy sauce
Salt to taste

Combine the caramelized sugar, meat, vegetables, olive oil and broth and simmer until the vegetables are tender, and the mixture is thick; then stir in the boiled rice and the soy sauce, taste the mixture and add salt as needed. If the pork is fat, the olive oil may be omitted.

Turkey Trot

2 cupfuls turkey meat, cut in dice
2 cupfuls brown soup stock, or gravy
2 cloves
4 peppercorns
2 tablespoonfuls flour
1½ tablespoonfuls butter
½ cupful mushrooms
2 tablespoonfuls sliced olives
Grated rind ¼ lemon
½ teaspoonful Worcestershire sauce
Salt and pepper to taste

Brown the mushrooms in the butter, add the flour, peppercorns and cloves and, gradually, the soup stock. Let boil up, add the olives, lemon rind and Worcestershire; turn in the meat and let stand ten minutes over hot water to season. Add salt and pepper as needed. Serve on toast.

Chicken Wiggle

2 cupfuls rich milk
2 tablespoonfuls butter
½ cupful peas
1 teaspoonful salt
Buttered toast
2 tablespoonfuls flour
1½ cupfuls diced cooked chicken
½ cupful boiled brown or uncoated rice
⅛ teaspoonful pepper

Melt the butter, add the flour and seasonings and, gradually, the milk to make a sauce. Let boil, stirring constantly, and add the other ingredients. Stand over hot water to become well heated and serve on hot buttered toast.

Individual Italian Chicken Pies

Butter individual chicken-pie dishes; fill with alternating layers of cooked chicken and cooked ham with an occasional sprinkling of chopped cooked pimento. Moisten well with chicken gravy. Cut rounds of soft bread to fit the baking dishes, butter them, lay a slice over the chicken mixture, and sprinkle thickly with grated cheese. Bake till brown in a moderate oven.

Chicken Loaf

3 cupfuls minced cooked chicken
1 cupful soft bread crumbs
½ cupful milk
1 teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful minced parsley
¼ teaspoonful onion juice
3 eggs
2 tablespoonfuls melted butter

Cook the crumbs in the milk till pasty. Add to the chicken with the seasonings, butter and parsley. Separate the eggs, beat the yolks light, add to the chicken and then fold in the egg whites, beaten stiff. Turn into a well-oiled, buttered mould and set in a pan of hot water; bake until firm (forty-five minutes) in a moderate oven. Serve hot with creamed peas, asparagus, or Bechamel sauce, or cold and sliced.

Minced Chicken, Italian

3 cupfuls diced cooked chicken
½ teaspoonful onion juice
2 cupfuls canned tomato juice
4 tablespoonfuls butter or oleomargarine
¾ cupful mushrooms cut in quarters or left whole
4 tablespoonfuls flour
½ teaspoonful salt
⅛ teaspoonful pepper
Few grains paprika

If fresh mushrooms are used, separate the caps from the stems, and cut the stems in pieces. Sauté (fry) the caps in butter, adding salt and pepper and a dash of nutmeg; then remove to keep warm. Add the stems and fry five minutes in the butter, add the onion, flour and seasonings, and gradually the tomato. Let boil, turn in the chicken and, after becoming very hot, serve on toast with the mushroom caps as a garnish.

Chicken Savory

1½ cupfuls diced, cooked chicken
2 tablespoonfuls butter or savory drippings
3 tablespoonfuls flour
¼ teaspoonful salt
Few grains pepper
1 teaspoonful parsley
¼ cupful chopped mushrooms
1½ cupfuls brown stock
1 tablespoonful ham
2 tablespoonfuls carrot
⅓ teaspoonful minced onion
2 cloves

Melt the butter, and add the vegetables and flour. Cook until brown, then add the stock, and boil till the vegetables are tender. Strain and add the chicken meat. Serve in Swedish timbales or bread croustades.

Chicken Klopps

2 cupfuls cold chicken, chopped fine
½ teaspoonful celery salt
¼ teaspoonful onion juice
1 teaspoonful chopped parsley
3 eggs unbeaten or
4 egg whites
Buttered toast

Mix the ingredients in the order given. Form into round balls and poach in water just at simmering point. When firm, remove the klopps to the toast and serve with Bechamel or mushroom sauce.

Creamed Chicken with Asparagus

2 cupfuls diced cooked chicken
1 cupful asparagus tips
1 teaspoonful salt
⅛ teaspoonful pepper
2 cupfuls light cream
2 tablespoonfuls flour
2 tablespoonfuls butter

Make a white sauce of the butter, flour, cream, pepper and salt. When boiling, stir in the chicken and asparagus, and, when very hot, serve in timbale cases, on toast, in croustades, or in pattie shells.

Chicken and Celery in Rolls

1½ cupfuls diced cooked chicken
½ cupful cooked diced celery
¾ cupful cream
Dash paprika
½ tablespoonful flour
1 tablespoonful butter
1 egg yolk
⅛ teaspoonful salt
Vienna rolls

Make a sauce of the flour, butter and cream. Add the seasonings and turn in the chicken and celery. Pour onto the egg yolk well beaten, and set over hot water to thicken (about two minutes); serve in the rolls, heated, and hollowed to represent boxes. Take the crumbs that are removed and fry them in butter. Serve with the chicken.

Chicken à *la* Martin

2 cupfuls cooked chicken, diced
1 cupful small oysters, steamed and halved
1 tablespoonful green pepper, minced
¼ cupful butter or oleomargarine
⅛ teaspoonful pepper
3 tablespoonfuls flour
2 cupfuls light cream or rich milk
½ teaspoonful salt
¼ cupful minced celery
Buttered toast

Cook the celery and green pepper in the butter, till softened. Stir in the flour, and add the cream to make a sauce. Let boil, season, and add the chicken. Just before serving stir in the oysters and serve on buttered toast.

Chicken *à la* King

4 tablespoonfuls butter
3 tablespoonfuls flour
3 tablespoonfuls minced green pepper
1 tablespoonful minced pimentoes
2½ cupfuls chicken, diced
¾ teaspoonful salt
2 cupfuls light cream
½ can mushrooms
Few grains paprika
Buttered toast

Melt the butter, and cook the peppers in it till soft; then stir in the flour and seasonings. Gradually add the cream, stirring constantly. When it has reached the boiling point, set over hot water and add the chicken and mushrooms. Serve on hot buttered toast.

CHAPTER XIII

SAVORY SAUCES

ALL MEASUREMENTS ARE LEVEL

There are three types of sauces which are essential to good cookery, the most common being white sauce, which is made thin, medium thick, or thick according to one's liking. The second is brown sauce, made with soup stock and often reinforced by vegetable purée, or sifted vegetable-pulp and juice. The third type consists of a foundation sauce made according to the formula for either white or brown sauce, and further thickened and enriched by egg yolks. Occasionally it is advisable to omit the milk in making a white sauce and substitute water, and an extra amount of butter, as in making drawn butter sauce. Again, a dish may demand a tart sauce when capers or pickled nasturtium seeds may be added to the drawn butter sauce, as for fish or boiled lamb. Sometimes a dish will be greatly enhanced by the addition of a sauce made with chicken- or veal-stock according to the formula of white sauce.

White Sauce

White sauce may be made according to three different methods, although I use but one and find it quicker, and, if the directions are carefully carried out, it combines the advantages of the other two methods. It should never be necessary to strain white sauce. If lumpy, carelessness in the making is the cause. It is a great saving of time to make the sauce without lumps, and without heating the milk in a separate utensil, as the process is not only shortened, but the time of washing a strainer and a separate saucepan is saved.

The following are the formulas for the three kinds of white sauces, all being made in the same way.

Thin White Sauce No. 1

For use in creaming vegetables.

1 tablespoonful butter
1 tablespoonful flour
¼ teaspoonful salt
Few grains pepper
1 cupful milk

Medium Thick White Sauce No. 2

For use in creaming meats, fish, eggs, in making creamed vegetable sauces for meats, and in certain scalloped dishes:

2 tablespoonfuls butter
2 tablespoonfuls flour
¼ teaspoonful salt
Few grains pepper
1 cupful milk

Thick White Sauce No. 3

For use in binding together croquettes, certain scalloped dishes and fish and meat loaves.

4 tablespoonfuls butter
½ cupful flour
¼ teaspoonful salt
⅛ teaspoonful pepper
1 cupful milk

Barely melt the butter in a smooth saucepan or double boiler top. Remove from the heat and stir in the flour and seasonings, preferably with a wire whisk. Then return to the heat and add the cold liquid a little at a time, stirring all the while. Be sure that the sauce thickens with each addition of liquid before adding any more; otherwise, it is liable to be lumpy. Let come to a boil and then set over hot water for ten minutes. If the article to be creamed is added at this time, the whole will become thoroughly hot at the end of the ten minutes. Therefore this final cooking is not a waste of time.

In making thick sauce, chicken- or veal-stock, or half milk and half oyster liquor, may be substituted, according to the intended usage. Cream sauce may be made by substituting thin cream for the milk in any of the formulas. Be careful not to heat the butter too hot or it will break up. This is why it should be removed from the fire when the flour is added. However, in order to cook the flour thoroughly, it is necessary to let the sauce stand over boiling water for the ten minutes as directed. Oleomargarine may be substituted for the butter if desired. In this case, increase the amount of salt a little. Or, use half oleomargarine and half butter.

Brown Sauce

Brown sauce is used whenever it is advisable to add to a dish a combination of seasonings that are not very delicate. Many authorities assert that in making brown sauce the butter or other fat and the flour should be heated until very brown, and that the stock should be added just as the milk is poured in when making white sauce. However, I do not find this method satisfactory or advisable, for the fat must always be heated to decomposing point, which makes it hard to digest. A much better plan is to keep on hand a small quantity of browned flour. To prepare this, spread the flour in a shallow pan and let it stand in a slow oven until the edges begin to turn a reddish-brown tint. Stir this, and continue heating until the whole is of a reddish-brown color. This not only assists in coloring the sauce, but also gives a rich nutty flavor.

The proportions to be observed in making brown sauce are the same as those for making white sauce — with this exception: in making a thin brown sauce use a tablespoonful and a half of the browned flour to a tablespoonful of fat and a cupful of well-seasoned brown soup stock. When the sauce is done, add not more than three drops of "Kitchen Bouquet" to a cupful of soup stock to give it more color if desired.

If a vegetable flavor, such as onion or celery, is to be added to the sauce, it may be done in two ways. In the case of the white sauce, it is preferable to add onion in the form of onion juice (not onion extract), or if this is not desirable, add half an onion to the sauce when the milk is partly in, and remove it just before serving. Celery tips may be used in the same way. The second method of adding vegetables should preferably be used only in making brown sauce, and when the fat used is other than butter. The vegetables should then be fried gently in the fat until almost tender. Then the other ingredients should be added according to the directions given.

The following suggestions give the proportions of ingredients, and the uses for various modified sauces, based upon the general directions for the white and brown sauces already described.

Bechamel Sauce

4 tablespoonfuls butter
4 tablespoonfuls flour
1 cupful chicken stock
1 cupful cream
Salt and pepper to taste

Use with chicken timbales, boiled mushrooms, savory rice croquettes, and the like.

Yellow Bechamel Sauce

Make according to above directions and stir in just before serving two egg yolks diluted with two tablespoonfuls of cream. Use with rice timbales, sliced breast of chicken, panned oysters, cauliflower, and so on.

Bechamel Sauce with Mushrooms

1½ cupfuls brown or chicken stock
4 tablespoonfuls flour
4 tablespoonfuls butter
½ cupful cream
½ tablespoonful minced onion or
1 teaspoonful onion juice
½ cupful cut mushrooms

Sauté (fry) the mushrooms and onions in butter until softened (about five minutes). Then add the flour and, gradually, the stock. Let boil hard; add the cream, season and serve.

Drawn Butter Sauce

4 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful boiling water
¼ teaspoonful salt
Few grains pepper

Use with fish or asparagus.

Caper Sauce

Make drawn butter sauce, and add ¼ cupful capers with their liquor, or the same quantity of pickled nasturtium seeds. Use with fish or lamb.

Brown Mushroom Sauce

4 tablespoonfuls fat
4 tablespoonfuls flour
1 tablespoonful onion juice
2 cupfuls brown soup stock
3 drops Kitchen Bouquet
½ cupful sautéd mushrooms
Salt and pepper to taste

Use with steak or re-heated beef.

Horseradish Sauce

Add one-quarter cupful grated horseradish, one teaspoonful powdered sugar, one-fourth teaspoonful mustard, and a tablespoonful of vinegar to one cupful of brown sauce. Use with beef, ham or tongue.

Tomato Sauce

4 tablespoonfuls drippings or bacon fat
½ teaspoonful mixed pickle spice
½ teaspoonful sugar
1 cupful sifted canned tomatoes
1 cupful brown soup stock
4 tablespoonfuls flour

Tie the spice in a bit of cheesecloth and remove before serving.

Olive Sauce

2 cupfuls rich brown stock
2 tablespoonfuls butter or other fat
2½ tablespoonfuls flour
Bit of bay leaf
1 teaspoonful minced onion
1 clove
Salt and pepper
6 tablespoonfuls stuffed olives (sliced)

Melt the butter, add the onion, bay leaf and clove, and cook till the onion is soft. Remove the bay leaf and clove, add the flour slowly, then, gradually, the stock. Let boil up. Add the olives and let become very hot. Season to taste with salt and pepper.

Brown Olive Sauce

1½ cupfuls brown stock
3 tablespoonfuls butter or drippings
3 tablespoonfuls browned flour
½ teaspoonful Worcestershire sauce
Salt and pepper to taste
½ cupful sliced stuffed olives

Melt the butter. When browned, stir in the flour. Then add the stock gradually. Let boil, add the Worcestershire, seasonings and the olives and serve very hot.

Spanish Sauce

1 tablespoonful butter or drippings
1½ tablespoonfuls flour
1 tablespoonful chopped onion
1 tablespoonful chopped peppers
1 teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful capers
1½ cupfuls stewed and strained tomatoes

Melt the butter, add the peppers and onion and cook until light yellow. Then stir in the flour and add the tomato gradually. Let boil up once, add the seasonings and capers and serve. A few chopped mushrooms are an addition.

Celery Sauce for Chicken Fricassee

2 tablespoonfuls flour
2 tablespoonfuls butter
1 cupful chicken liquor
¼ cupful minced celery
½ cupful celery liquor
1 teaspoonful minced parsley
½ cupful cream or milk
¼ teaspoonful salt
Few grains pepper

Melt the butter, add the flour and stir constantly for three minutes; add the chicken liquor, celery liquor, and the cream or milk heated. Cook ten minutes, and add the minced celery, parsley and seasonings.

Green Pepper Sauce

3 green peppers
4 tablespoonfuls butter
2 tablespoonfuls flour
2 cupfuls milk
Salt and pepper to taste

Chop the peppers fine, then fry in the butter till softened. Add the flour and gradually the milk. Season to taste.

Egg Sauce

2 tablespoonfuls butter
¼ teaspoonful salt
1½ cupfuls hot water
2 teaspoonfuls capers
2 hard-cooked eggs, sliced
3 tablespoonfuls flour
⅛ teaspoonful pepper
1 teaspoonful minced parsley
1 teaspoonful lemon juice

Melt the butter, add the flour and seasonings and, gradually, the hot water. Let boil up once; add the eggs, capers, lemon juice and parsley and serve very hot.

Asparagus Sauce

4 hard-cooked egg yolks
¼ teaspoonful salt
Dash pepper
½ cupful creamed butter
1½ teaspoonfuls lemon juice

Mash the yolks, add the seasonings, and enough butter to make it creamy. Spread over the stalks when the heat will melt it sufficiently to cover thoroughly.

Grape Juice Sauce (For Planked Ham)

Reserve some of the liquor in which the ham was baked — there should be one cupful. Add ½ cupful grape juice and a cupful halved raisins, bring to boiling point and thicken with 2 tablespoonfuls of corn starch dissolved in a little cold water.

Creole Sauce

2 tablespoonfuls minced onion
3 tablespoonfuls minced green pepper
2 tablespoonfuls butter or savory drippings
1 cupful canned tomato juice
2 tablespoonfuls dried mushrooms
6 stuffed olives
½ cupful brown stock
Salt and pepper to taste
2 tablespoonfuls flour

Cook the onion and pepper with the fat for five minutes. Add the flour and, when blended, the tomato and stock. Add the mushrooms, which should be soaked and chopped, and let boil five minutes. Stir in the olives and season highly to taste.

German Parsley Sauce

½ cupful melted butter
2 tablespoonfuls minced parsley
½ tablespoonful vinegar

Mix in the order given and serve very hot on potatoes.

Parsley Sauce for Fish

4 tablespoonfuls melted butter
1 tablespoonful corn starch
4 tablespoonfuls minced parsley
1 cupful boiling water
2 tablespoonfuls vinegar
Few grains salt and pepper

Melt the butter, stir in the corn starch and gradually add the vinegar and the boiling water. Season and, just before serving, stir in the parsley.

Oyster Sauce

1 pint oysters
¼ teaspoonful mace
3 tablespoonfuls flour
2 tablespoonfuls butter
¼ lemon
1 cupful cream
Few grains salt and pepper

Wash the oysters and steam them; remove the muscles, and cut the oysters in quarters. Melt the butter, add the flour and mace and, gradually, the cream. Let boil up. Add the oysters with the lemon juice and a little salt and pepper. Serve without re-heating.

Shrimp Sauce

Substitute halved cooked shrimps for oysters in the preceding recipe.

Mint Sauce

¼ cupful finely-chopped mint leaves
½ cupful vinegar
1 tablespoonful powdered sugar

Add the sugar to the vinegar; when dissolved, pour over the mint and let stand thirty minutes in a warm place to infuse.

Nut Sauce

1 tablespoonful butter
2 tablespoonfuls peanut butter
1½ tablespoonfuls flour
Few grains pepper
1½ cupfuls soup stock
¼ cupful chopped nut meats
¼ teaspoonful salt (if needed)

Melt the butter, add the peanut butter, and, when soft, add the flour, then the stock, stirring constantly. Let boil up once, add the seasonings and nut meats, and serve.

Mousseline Sauce

8 tablespoonfuls butter
3 egg yolks
¼ cupful heavy cream
2½ tablespoonfuls lemon juice
¼ teaspoonful salt
Few grains paprika

Cream four tablespoonfuls of the butter, beating the egg yolks in thoroughly, one at a time. Add the cream, salt and pepper, set over hot water and cook until it thickens, stirring constantly. Then beat in the lemon juice and the rest of the butter in small pieces, using a wire whisk. Do not re-heat.

Cheese Sauce

3 tablespoonfuls butter
4 tablespoonfuls flour
Few grains cayenne
¼ teaspoonful mustard
2 cupfuls milk
1 cupful chopped cheese
½ teaspoonful salt

Melt the butter, add the flour, and then the milk and seasonings. When boiling, add the cheese, and cook till it is melted.

Flemish Sauce

½ cupful minced carrot
2 tablespoonfuls butter
2 tablespoonfuls flour
1 tablespoonful minced onion
1 tablespoonful minced parsley
¼ teaspoonful mace
½ teaspoonful peppercorns
1½ cupfuls soup stock
½ cupful cream
1 tablespoonful cucumber pickle
½ tablespoonful horseradish

Simmer the carrots thirty minutes. Then melt the butter, add the flour, stirring constantly, the onion, mace, peppercorns and stock. Boil gently for half an hour, add the cream, re-heat and strain. Add the drained carrots, the parsley, pickle and horseradish, and additional seasoning, if necessary, and serve hot.

Bread Sauce

1 cupful fine soft bread crumbs
½ teaspoonful salt
⅛ teaspoonful paprika
1 tablespoonful butter
1⅓ cupfuls milk
1 slice onion
2 cloves

Put the crumbs, seasonings (the clove stuck in the onion), and the milk together in a double boiler top. Cook thirty minutes, remove the onion, add the butter and beat well.

Hollandaise Sauce

¼ cupful weak vinegar
2 tablespoonfuls lemon juice
½ cupful chicken stock
¼ cupful butter
4 egg yolks
Salt and cayenne pepper to taste

Bring the vinegar, lemon juice, chicken stock and butter to boiling point. Pour onto the egg yolks, slightly-beaten, set over hot water like a custard and stir until as thick as mayonnaise, using a wire whisk. Season to taste.

Sauce Tartare

1 cupful mayonnaise
⅓ cupful minced chives, gherkins, parsley and capers

Combine and serve. Boiled salad dressing may be substituted for the mayonnaise.

CHAPTER XIV

POTATOES

ALL MEASUREMENTS ARE LEVEL

In selecting potatoes, choose those of regular shape, medium size and with a smooth skin. A bushel of very large or knobby potatoes will not yield as much edible material as the same quantity of smaller ones, because they do not pack in so closely. Potatoes should be stored in a cool, dry place, although they must not be allowed to freeze. When sprouts appear, they should be rubbed off, as the starch of the potato is their food — the potato or "tuber" being a storehouse of starch for the nurture of the sprout.

Whereas the potato is a valuable food and has a most important place in the menu, it is not adapted to muscle growth, and, consequently, is not fitted to occupy the place of importance in the diet. Potatoes are approximately made up of one-quarter starch, three-quarters water, and cellulose or woody fiber, with a trace of mineral matter that these hold in suspension. They are also especially rich in vitamins. In preparing them all of the nourishment possible must be preserved. The two best methods for accomplishing this are by baking or steaming.

However potatoes are to be cooked, two rules must be observed — first, scrub them well; second, do not break the skin unless necessary to remove bad spots.

Baked Potatoes

A potato to be baked to perfection demands a hot oven — then the result will be mealy. An oven that is too cool means a soggy, waxy potato that is indigestible.

In using a coal oven for this purpose put the potatoes on the upper grate near the fire-box where the hot air can circulate freely about them, or, better still, purchase a potato rack so that they can be more easily removed. Let them remain in the oven about forty-five minutes, or until "mellow," when pressed with the fingers. In using a gas oven the same rules must be observed, taking care that the oven is not too hot. If the skins are liked very soft, rub each potato lightly with butter, bacon fat or oleomargarine before baking. When done, remove at once from the oven — for just as long as they stand the steam is re-condensing and making them soggy — break open the top of each potato with a fork to let the steam escape, and serve wrapped in a napkin in a vegetable dish.

Baked Potatoes, Rocky Mountain Style

Bake large potatoes according to the preceding directions. Slit lengthwise and crosswise of the potato, as in making a Maltese cross; lay open, dust the pulp with salt and plenty of paprika and insert a cube of butter, mixing the seasonings with the potato in the shell.

Baked Stuffed Potatoes

Select large shapely potatoes, scrub well and bake. Cut in halves lengthwise, scoop out the pulp, mash, season with salt, butter and cream, and then re-fill the skins. Brown in a quick oven.

Adolph's Stuffed Potatoes with Ham

Select good-sized potatoes. Bake until mealy, then cut a thin slice lengthwise from the top and scoop out the pulp; for the contents of every six potatoes allow ½ cupful minced ham, 1 teaspoonful parsley (minced), 2 tablespoonfuls cream, 1 teaspoonful salt, ⅛ teaspoonful pepper, 2 well-beaten eggs and 2 tablespoonfuls butter. Beat till fluffy, refill the skins and brown quickly in the oven.

Steamed Potatoes

To steam potatoes, scrub well, leave the skins on, set in a steamer top over boiling water, or simmering meat, cover closely and cook about forty-five minutes for potatoes of medium size. The potato loses none of its nourishment when cooked in this way.

Baked Potatoes and Potato Rack

French Frying Potatoes

Boiled Potatoes

When boiling potatoes it is better to leave the skins on, as pared potatoes lose most of the mineral salts, which lie near the surface. Old, or poor potatoes, however, should be soaked an hour in cold water to freshen, and then be pared very thinly. They should be dropped into rapidly boiling salted water, partly covered, brought quickly to boiling point again and be allowed to bubble gently until tender when pierced with a metal skewer or steel fork. If they are soft on the outside before the centers are done, add a cup of cold water. This will drive the heat inside and they will be tender throughout. Drain at once, sprinkle lightly with salt, and shake gently over heat till mealy.

New Potatoes with Creamed Eggs

Steam or boil new potatoes. Prepare two cupfuls of white sauce, and add to it four chopped hard-cooked eggs; place the potatoes on a platter, pour the sauce over and around them, and serve very hot.

Hungarian Potatoes

8 potatoes
2 small onions
2 tablespoonfuls butter
2 tablespoonfuls drippings
Paprika and salt
Boiling water

Pare and slice the potatoes. Slice the onions and fry in the fat till soft and yellow. Then add the potatoes, a dash of salt and paprika and barely cover with boiling water. Simmer until they are tender, and the water has boiled away. Then allow them to brown.

Buttered Potatoes

Pare the potatoes and cut them in fourths; place in a baking pan or casserole with a little water in the bottom, pour over melted butter and bake till tender, basting occasionally with the liquid. It will take about forty-five minutes.

Potatoes O'Brien

3 cupfuls diced raw potatoes
½ onion, minced
1 tablespoonful diced sweet red pepper
3 tablespoonfuls diced green pepper
Salt and pepper

Melt enough good cooking fat in a frying pan to barely cover the bottom. Put in the onion and pepper and cook gently for two or three minutes. Then add the potatoes and fry slowly until browned on all sides. Drain on crumpled paper, dust with salt and pepper and serve.

Mashed Potatoes

Steam or boil six large potatoes in salted water until tender. Drain, remove the skins if they have been kept on, dry the potatoes over heat by shaking vigorously, and put them through a potato ricer. Add 2 tablespoonfuls of butter, 1 teaspoonful salt, ⅛ teaspoonful pepper and ¼ cupful of hot milk. Beat all together until creamy. Serve hot.

Duchess Potatoes

3 cupfuls hot mashed potatoes, well-whipped
2 extra tablespoonfuls butter
2 well-beaten egg yolks
Hot milk

Add the butter and egg yolks to the mashed potatoes; then whip in enough hot milk to make the potatoes go easily through a pastry tube. Shape as desired, brushing over the mixture with a little beaten egg white diluted with milk. Brown in a hot oven.

Browned Pimento Potato

3 cupfuls riced boiled potatoes
¼ cupful hot milk
4 tablespoonfuls butter melted in milk
1½ teaspoonfuls salt
⅛ teaspoonful pepper
1 pimento finely minced

Put the ingredients together in the order given, and beat till very light with a wire whisk; place in a buttered baking dish, brush over the top with beaten egg yolk and brown in a quick oven.

Hash-Browned Potatoes

3 cupfuls cooked potatoes, chopped fine
1 teaspoonful salt
¼ teaspoonful pepper
6 tablespoonfuls milk
2 tablespoonfuls butter or drippings

Combine all the ingredients except the butter. Melt the latter in a frying pan, add the potato mixture, and smooth down, pressing it in shape. Cook for a moment over a quick fire and then slowly for twenty minutes, watching carefully that it does not burn. Then fold as an omelet, pressing the parts together. Turn onto a heated platter, and serve garnished with parsley and bacon, if it is to serve as a substantial dish.

Hash-Browned Potatoes with Ham

3 cupfuls chopped potatoes	1 cupful milk
1 cupful chopped ham	Few grains salt and pepper

Mix together the potatoes, ham, milk and seasonings. Put 3 tablespoonfuls of drippings into a frying pan, melt and, when hot, pack in the potato mixture. Cover and cook slowly until the milk is absorbed and the mixture is brown on the bottom; fold over and turn as an omelet.

Hash-Browned Potatoes with Nuts

Use the proportions included in Hash-Browned Ham Potatoes, substituting chopped peanuts for the ham.

Curried Potatoes

1 small onion, peeled and sliced	1½ teaspoonfuls salt
4 tablespoonfuls butter	1 teaspoonful curry powder
6 cold boiled potatoes	1 tablespoonful lemon juice

Melt the butter in a frying pan; add the onion and cook till yellow and soft. Cut the potatoes in slices, sprinkle with salt and the curry powder. Combine and shake the pan till well mixed; then cover and let simmer ten minutes. Lastly, add lemon juice, mix well with a fork, and serve very hot. Cooked macaroni may be substituted for the potatoes.

Potato Omelet

Prepare a quart of mashed potatoes (this takes about 10 medium-sized potatoes) and season well with:

3 tablespoonfuls butter or bacon fat	⅛ teaspoonful pepper
1 teaspoonful salt	½ cupful hot milk

Beat until very light and fluffy, then spread smoothly in a frying pan containing one tablespoonful of bacon fat and cook until well browned. This will take about ten minutes. Then fold, turn onto a hot platter, and serve surrounded with bacon, creamed ham or dried beef.

Potato Puffs

Prepare 3 cupfuls of fluffy mashed potatoes. While hot, form into balls with the hands and set on a well-oiled cookie sheet. Beat an egg yolk slightly, add 2 tablespoonfuls melted butter and brush over each ball. Sprinkle with parsley and brown in a hot oven.

Potato Scones

1½ cupfuls flour
⅓ cupful butter or oleomargarine
1 cupful mashed potato
2 teaspoonfuls baking powder
½ teaspoonful salt
1 egg

Sift together the dry ingredients, add the mashed potato and rub the butter in lightly. Make a soft dough by adding the egg well-beaten and a little milk if necessary. Divide the dough into three parts and roll each one into a round cake one-half inch thick. Cut crosswise into quarters and bake in a quick oven, or on a hot griddle. Split and serve hot.

Potato Pancakes

1 pound grated raw potatoes
1 finely-chopped raw onion
1 egg
½ cupful flour
½ teaspoonful baking powder
1 teaspoonful salt
A little pepper

Drop by spoonfuls in hot fat, flattening with a spoon and browning on each side.

French Fried Potatoes

Wash and pare small potatoes; cut in eighths lengthwise and soak one hour in cold water. Drain from the water, dry on paper toweling or a cloth and fry in deep fat hot enough to brown a bit of bread in one minute and a half. Drain on plenty of crumpled paper, dust with salt and serve at once.

Potato Straws

Wash, pare and cut potatoes in one-eighth inch slices; in turn cut these in one-eighth strips. Let stand one hour in cold water. Drain, dry on paper towels or a cloth and fry in deep fat hot enough to brown a bit of bread in one minute. Drain on brown paper and sprinkle with salt.

Escalloped Potatoes

1 quart sliced raw potatoes
Salt and pepper
Flour
4 tablespoonfuls butter or bacon fat
Scalded milk, about 3 cupfuls

Oil a baking dish with butter or bacon fat and put in a layer of potatoes; sprinkle with approximately 1 tablespoonful of flour, ⅓ teaspoonful salt and a little pepper, and dot with 1 tablespoonful butter or bacon fat. Repeat with a second layer of potatoes and so on until all is used, and then pour over the hot milk, until it barely shows through the potato slices. Cover, bake an hour in a moderate oven and then finish uncovered. It will take one and one-half hours.

Escalloped Potatoes with Bacon

Prepare escalloped potatoes according to the preceding recipe, omitting the fat. Cut the rind from 6 slices of bacon and let the bacon stand five minutes in boiling water. Drain; then place the bacon strips on a rack over the potatoes twenty minutes before the latter will be cooked. The bacon fat will trickle into the potatoes. Serve garnished with the bacon.

Escalloped Cooked Potatoes

1 quart sliced cooked potatoes
3 cupfuls White Sauce No. 2

Put alternately in layers in a buttered baking dish and bake thirty minutes in a moderate oven.

Escalloped Potatoes with Cheese

Add one cupful of highly flavored American cheese to Escalloped Cooked Potatoes, sprinkling it between the layers.

Lyonnaise Potatoes

3 cupfuls sliced, cold potatoes
4 medium-sized onions
½ tablespoonful minced parsley (optional)
4 tablespoonfuls butter, or other fat
Salt and pepper

Slice the onions and fry them, until yellowed, in the fat. Then add the potatoes, dust with salt and pepper, and cook gently until the fat has been absorbed. Sprinkle over the parsley, after the potatoes have been transferred to a serving dish.

Italian Lyonnaise Potatoes

2 cupfuls cold diced potatoes
2 tablespoonfuls sliced onion
2 tablespoonfuls green pepper minced, if convenient
½ cupful diced celery or cabbage
¾ cupful tomato juice
1 tablespoonful flour
2 tablespoonfuls butter

Fry the celery, pepper and onions in the butter until yellow. Add the flour, and, gradually, the tomato to make a sauce. Turn in the potato and let cook slowly ten minutes in the oven. Season with salt and a little pepper to taste.

French Potato Balls

Pare potatoes, cut out balls with a French vegetable cutter, boil in salted water till tender, drain, roll in minced parsley and serve.

Franconia Potatoes

Select potatoes of uniform size. Wash, pare thin, and drop at once in cold water to prevent discoloration. Place in a pan in which meat is roasting, and cook until tender, about forty-five minutes, basting frequently with the fat in the pan.

Quick Franconia Potatoes

Wash, peel and boil potatoes until tender. Place in a frying pan with drippings or bacon fat, put in the oven and brown all over by basting and turning frequently.

Potato Stew with Cheese

10 pared and sliced potatoes
1 cupful diced onions
¼ pound salt pork
¼ cupful diced celery
¼ cupful grated cheese
2 quarts water
3 tablespoonfuls flour
1 pint milk
Salt and pepper

Cut the pork into thin strips and fry until it is browned. Then add the onions and celery and cook until they are softened; put a layer of potatoes into a soup kettle, and add a layer of the pork mixture, alternating until all is used. Add the water and simmer slowly for forty minutes. Then turn in the milk, scalded, and add the thickening diluted with cold water. Let boil and season to taste; serve with a spoonful of grated cheese sprinkled over each serving.

Creamed Potatoes

- 3 cupfuls cold cooked potatoes cut in dice
- 2 cupfuls milk
- ½ teaspoonful onion juice (optional)
- 2 tablespoonfuls butter
- 2 tablespoonfuls flour
- ½ teaspoonful salt
- ⅛ teaspoonful pepper

Make a white sauce of the butter, flour, seasonings and milk; add the potato, and let stand to become very hot.

Creamed Lyonnaise Potatoes

- 1 cupful milk
- 2 tablespoonfuls flour
- 2 tablespoonfuls drippings
- 3 tablespoonfuls minced onion
- 3 cupfuls cold cooked potatoes, diced
- ½ teaspoonful salt
- ¼ teaspoonful pepper

Fry the onion in the drippings till soft. Add the flour, then the milk, seasonings and potatoes. Turn into a warm omelet pan containing two extra tablespoonfuls of drippings, press down into shape and cook slowly till golden brown on the bottom. Turn over and tip out on a hot platter. Garnish with parsley.

Delmonico Potatoes

- 3 cupfuls diced potatotes
- 2 cupfuls milk
- ¾ teaspoonful salt
- ½ cupful grated cheese
- ⅛ teaspoonful pepper
- 3 tablespoonfuls flour
- 3 tablespoonfuls butter

Make a white sauce of the butter, flour, milk and seasonings. Add one-half of the cheese and the potatoes. Pour into a buttered baking dish, sprinkle with the remaining cheese and dot with bits of butter. Brown in a quick oven.

Delmonico Cream Roll Potatoes

- 3 cupfuls chopped cooked potatoes
- 1 cupful white sauce, well-seasoned
- 4 tablespoonfuls butter or other fat

Mix the white sauce with the potatoes. Melt the butter in a frying pan, pack in the potatoes, cover and cook slowly till all the white sauce has been absorbed. This may be done in the oven, if convenient. Then brown quickly on the bottom, fold or roll up, and turn onto a hot platter.

Creamed Potatoes *au Gratin*

2 tablespoonfuls butter
2 tablespoonfuls flour
2 cupfuls milk
1 teaspoonful minced parsley
2 cupfuls cold boiled potatoes, diced
1 teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful onion juice
½ cupful buttered dry crumbs

Make a sauce of the butter, flour, seasonings and milk. When it has boiled, add the parsley and potato and put in a buttered baking dish or ramekins. Cover with buttered crumbs, and set in a quick oven to brown. Serve garnished with parsley.

Boiled Sweet Potatoes

Wash and scrub the potatoes. Plunge into boiling water and cook covered until soft, probably twenty-five to thirty minutes. Never cook dry, woody sweet potatoes, as they are decayed.

Steamed Sweet Potatoes

Wash and scrub the potatoes. Steam until tender — about forty-five minutes.

French Fried Sweet Potatoes

Peel the potatoes, then cut into quarters and eighths. Let stand an hour in cold salted water, then dry on paper towels. Place in a frying basket and fry in deep fat hot enough to brown a bit of bread in one and a half minutes.

Broiled Sweet Potatoes

Select well-shaped sweet potatoes and boil or steam them as directed. Peel, cut in halves lengthwise and dip in melted butter or other fat till well covered. Place in a wire broiler and broil on each side over a moderate heat till well browned. Serve on a hot dish covered with a paper doily.

Browned Mashed Sweet Potatoes

- 3 cupfuls riced sweet potatoes
- ¼ cupful butter
- 1½ teaspoonfuls salt
- Pepper

Beat well, place in a buttered baking dish and brown in a quick oven.

Sugared Sweet Potatoes

- 2½ cupfuls mashed sweet potatoes
- 1 tablespoonful butter
- ½ teaspoonful salt
- 1 tablespoonful sugar
- 1 egg, well-beaten
- Extra butter and sugar

Butter a baking dish. Beat together the potatoes with the butter, salt, sugar and egg and pile in the baking dish. Dot with butter, sprinkle with sugar and bake until brown in a moderate oven.

Sweet Potatoes with Bacon

Steam sweet potatoes until tender. Peel and place in a dripping pan in a hot oven with one slice of bacon for each potato. Cook until the bacon is crisp, and the potatoes are slightly browned.

Sweet Potatoes Glacé

Boil or steam sweet potatoes until tender. Peel and cut in thick slices lengthwise. Place in a buttered pan, cover with bits of butter, a thick sprinkling of brown sugar, and a little cinnamon, and bake until a rich brown.

Maple Sweet Potatoes

Boil or steam long, narrow sweet potatoes in their jackets. Remove the skins, then cut the potatoes in thin crosswise slices and brown them quickly in deep fat. Drain on crumpled paper, and transfer to a shallow baking dish; dust sparingly with salt and granulated sugar, and pour over a little maple syrup. Heat quickly in the oven and serve.

Sweet Potatoes With Peanuts

Cut boiled sweet potatoes into lengthwise slices. Lay in a well-oiled dripping pan, or baking platter, cover thickly with chopped roasted peanuts, pour over a little melted butter and brown in a quick oven.

CHAPTER XV

VEGETABLES

ALL MEASUREMENTS ARE LEVEL

In the chapter on the Balanced Ration the importance of vegetables in the diet has been explained. Every family should use them freely, for they are vital for efficient nutrition and good health. To understand the possibilities of vegetables in the menu and diet, it is necessary mentally to classify them into six groups:

1. Meat Substitutes
2. Starchy Vegetables
3. Bulky Vegetables
4. Vegetables rich in Salts
5. Watery Vegetables
6. Esthetic Vegetables

The group of legumes belongs under the first heading and includes beans, peas and lentils. Whereas the dried seeds are a most valuable meat substitute and an all-year food, the fresh pods or dried fresh pods are no richer in protein than any other vegetable. Under " starchy vegetables " we find the cereals, the two most frequently used being corn and rice. Polished rice should never be used, as it is coated with talc. Both it and uncoated rice are almost entirely starch, containing only a small amount of protein, fat and mineral matter. For this reason it should serve as an accompaniment to meats or other proteins or as a cereal. Brown rice, on the other hand, contains all of the grain, and, like home-ground cornmeal, is a splendid food in itself. The potato should be mentioned here as a specific example of the starchy vegetable. The sweet potato is also included in this group.

Asparagus, carrots, spinach, salsify, cabbage, romaine, beets, swiss chard and dandelion greens and celery are all bulky vegetables, particularly suitable to use with a menu of concentrated foods like eggs, or cheese, for they afford the necessary bulk to help on the intestinal action, and consequently aid digestion.

This same list really includes the "vegetables rich in salts" and to it may be added radishes, lettuce, cress, endives, tomatoes, squash, egg plant and cucumbers, which contain more or less mineral salts and a large percentage of water. Because of these two properties this group is indispensable, as it affords direct salts to the blood and water to bathe the body tissues. Under esthetic vegetables may be grouped those which are essentially used as seasonings, a trace giving a dish the sparkle necessary to make it out of the ordinary. Radishes have this property, so have parsley and watercress, but it is most marked in the green or red pepper.

COMPOSITION OF VEGETABLES

A slight knowledge of the composition of vegetables is of great help in their preparation. They are made up of countless little cells, each containing a semi-fluid material holding the sugar, protein, starch and salts in solution. The layer next the skin is richest in salts. Knowing this the thinking housewife will realize that vegetables must be cooked in such a way as to retain the semi-fluid material, and to keep in the salts. So she will always use boiling water, which has the property of bursting the starch grains immediately, so holding the nutriment in the vegetable; preferably she does not pare them at all, steaming them instead. As the plant grows older the cell walls harden into woody fiber, necessitating longer cooking, and as soon as the vegetables are taken from the ground the water commences to evaporate, and they become withered or shriveled, as the case may be.

To overcome this, it is necessary to put them into cold water, so that they may re-absorb the moisture, remembering that this treatment should be used only when necessary, as every minute of soaking means a proportionate loss of salts.

HOW TO COOK VEGETABLES

It has been said that "The secret of cooking vegetables is the judicious production of flavor." If this statement is amended to read "the judicious production and retention of flavor," the secret of the whole, wide field of vegetable cookery is revealed. Unfortunately American housewives know only too little about the preparation of vegetables, their food value and utter deliciousness, and, whereas the vegetable is easily cooked, it generally appears in a state of watery tameness — and finds consequent disfavor. No matter how the vegetable is to be served, there are a few fundamental rules which underlie the cookery.

All boiled vegetables should be started in boiling salted water. This should be kept boiling rapidly for beans, onions, cabbage, turnips, carrots, etc., but should be kept at a gentle boil for cauliflower and asparagus — both of which are broken by too rapid boiling. Peas and asparagus contain a high percentage of sugar, so they should be cooked in as little water as possible, the liquor being the basis of a sauce to be served with them. Salted water (a teaspoonful to each two quarts) is used for all tender vegetables except potatoes, which should be salted after draining, and shaken gently over the heat to steam in the seasoning. Tough vegetables, like old beans or peas, are improved by the addition of a little baking soda. This makes them soft, but allows much of the green coloring matter to cook out into the water, resulting in a distasteful color.

All dried vegetables, like peas or lentils, should be soaked over night to re-absorb the water lost through evaporation, and this liquid should be discarded. Vegetables should always be cleaned before cooking, and, unless old, should never be pared. During the boiling process the cover should be tilted to allow a circulation of air, which insures a better color and flavor. All strong-juiced vegetables, like cabbage, cauliflower and onions, should be cooked uncovered. This allows the vapors to be dissipated rather than condensed, the odor being largely dispelled, and, if a piece of wood charcoal is put into the kettle, the flavors will be absorbed and all disagreeable odors overcome. Occasionally vegetables are so strong in flavor that it is desirable to "blanch" them. To do this, start in cold water, bring to the boiling point, boil ten minutes, drain the water into the stock-pot, and proceed as usual with fresh boiling water.

Although it is customary to boil vegetables, they may be prepared in two other ways — by steaming or baking. To steam vegetables, scrub them well, cut out any soft spots, and place in a steamer, or in a colander fitted over a kettle and covered, and steam until tender. This takes a little longer than it will to boil them, but they will be of delicious flavor. This method can be used for onions, potatoes, cabbage, corn, cauliflower, carrots, squash, turnips, beets, etc.— or the vegetables which are of firm texture. Many of this same group can be baked in the oven. In this case set them in shallow pans, containing a little water to prevent sticking. If vegetables are to be boiled, use the smallest possible amount of water, and, if it is not available for a sauce, turn it into the stock-pot. By steaming, the loss in nutritive constituents is only one-third as much as in boiling, and the proportion is the same for baking.

As for seasonings — there is nothing better than a judicious amount of salt and pepper, with plenty of butter. A particularly good old-fashioned cook, noted for her vegetable cookery, said, " I always use just as much butter as I can afford, then turn my back and put in a little more ! " But when the vegetable is to appear as the principal dish of a meal, it must be dressed with a more elaborate sauce, or combined with other foods into a " hearty dish."

Whereas the vegetable has a clearly defined place in every dietary, it must be remembered that it is not in itself an adequate substitute for meat, and must be used in combination with meat or meat substitutes, in order to preserve the dietary balance. This does not necessarily mean that the combination appear directly with the vegetable. It may be used in the salad, or any part of the meal that is convenient.

The following menus illustrate this point:

Escalloped Asparagus Entire Wheat Bread and Butter
Egg Salad, with Cream Cheese Dressing
Coffee Cream Cake Tea

The asparagus is the principal dish, yet it does not con tain the greatest nutriment; — approximately it gives bulk and salts and has the property of filling the stomach (known as the satisfying of hunger); the egg salad, cheese, and the entire wheat bread contain the principal protein of the meal, the cream cheese and butter much of the fat, and the cake furnishes starch and sweet.

Another menu reads:

Rice, with Tomato Sauce and Baked Bacon
Lettuce Salad   Entire Wheat Bread and Butter
Baked Custards   Cookies

Generally speaking in this case the fat is supplied by the bacon and butter, the bulk by the lettuce, the starch by the bread and rice, and the protein by the bread and egg and the custards.

Time Table for Cooking Vegetables

Vegetables	*Boiling or Steaming*	*Baking*
Artichokes (French)	30 to 50 minutes	
Artichokes (Jerusalem)	40 to 50 "	
Asparagus	20 to 30 "	
Lima Beans	40 to 60 "	
String Beans	45 to 60 "	
New Beets	30 to 45 "	60 minutes
Brussels Sprouts	20 to 30 "	
Cabbage	10 to 45 "	
Carrots	20 to 30 "	40 minutes
Cauliflower	30 to 40 "	
Celery	30 to 40 "	
Celeriac	30 to 40 "	
Corn	7 to 12 "	
Kale, Spinach and Endive	30 "	1¼ hours
Cucumbers	30 "	1 hour (stuffed)
Egg Plant	25 "	45 minutes
Onions	40 to 60 "	50 minutes to 1¼ hours
Oyster Plant	60 "	
Okra	20 to 30 "	
Parsnips	60 "	1¼ hours
Peas	20 to 30 "	
Radishes	30 "	
Summer Squash	30 to 35 "	
Winter Squash	1½ hours	2 hours (in shells)
Turnips	45 to 60 minutes	
Tomatoes	15 to 20 "	30 minutes

Plain Fried Egg Plant

Pare the egg plant and cut it in slices one-fourth inch thick. Season lightly with salt and pepper, egg and crumb, as in making croquettes, and fry to a golden color in fat hot enough to brown a bit of bread in one minute.

Fried Egg Plant, with Creamed Corn

Prepare the egg plant as directed in the preceding recipe, and serve on a bed of creamed corn.

Mock Mushrooms

3 cupfuls egg plant cut in ½ inch cubes
1½ cupfuls brown stock
Few grains nutmeg
2 tablespoonfuls flour
2 tablespoonfuls butter
½ teaspoonful salt
⅛ teaspoonful pepper
Few drops Worcestershire sauce
Few drops onion juice

Plunge the egg plant into boiling, slightly-salted water and cook till tender, about twenty minutes. Make a brown sauce of the butter, flour, seasonings and the stock. Drain the egg plant into the stock-pot, add to the sauce and re-heat.

Stewed Egg Plant

3 cupfuls egg plant cut in cubes
3 tablespoonfuls butter, olive oil or peanut oil
2 tablespoonfuls minced onion
Juice and grated rind ½ lemon
1½ tablespoonfuls minced sardines
1½ cupfuls canned tomato juice
Salt and pepper to taste
1 teaspoonful minced parsley

Boil the egg plant cubes for twenty minutes. Drain, add the butter and other ingredients, and simmer until heated and slightly thickened. Serve very hot.

Stuffed Egg Plant

Cook a good-sized egg plant fifteen minutes in boiling, salted water to cover. Cut a slice from the top and with a spoon remove the pulp, taking care not to work too close to the skin. Chop the pulp and add 1 cupful of soft whole wheat bread crumbs. Melt 2 tablespoonfuls butter, add ½ tablespoonful onion, chopped fine, and cook five minutes; or use bacon or ham fat instead of butter.

Add to the chopped pulp and bread, season with salt and pepper, and, if necessary, moisten with a little stock; cook five minutes, cool slightly and add one beaten egg. Re-fill the egg plant, cover with buttered bread crumbs and bake twenty-five minutes in a hot oven. A half cupful of minced ham or a little cooked bacon may be added if desired.

Baked Stuffed Onions

Remove the skins from the onions and parboil the latter thirty minutes in boiling salted water to cover. Use the liquid for soup. Turn upside down to cool, and remove part of the centers. Fill the cavities with equal parts of nuts, chopped fine, stale soft bread crumbs, and the onion which has been removed, finely chopped, season with salt and pepper and moistened with cream or melted butter and a little peanut butter. Place in a buttered, shallow baking pan; sprinkle with buttered crumbs, and bake in a moderate oven until the onions are soft. Minced ham, cheese or tongue may be substituted for the nuts. In this case omit the peanut butter.

Baked Onion Tomatoes

Select large, round tomatoes, and cut in halves crosswise. Dust with sage, salt and pepper, and place a large thin slice of onion, cut crosswise, on each. Put a half teaspoonful of butter, or savory drippings, on each and bake in a moderate oven for thirty minutes. The pan should have a little water in the bottom.

Onions *à la* Tripe

6 medium-sized Spanish onions
3 hard-cooked eggs, sliced
3 tablespoonfuls butter, oleomargarine, or beef drippings
2 cupfuls White Sauce No. 2
Mashed potatoes, or boiled brown rice

Peel the onions, and cut them in one-fourth inch slices. Fry these gently, until soft and yellowed, in the fat. Season with salt and pepper. Add the white sauce, the eggs, and let stand to become very hot. Pile the potatoes or rice in the center of a chop dish or platter, and pour the onion mixture over it.

Baked Onions

Slice Bermuda or Spanish onions about an inch thick; place in a casserole or baking dish and dust thickly with flour; season with salt and pepper and dot with butter or bacon or ham drippings. Put a second layer on top, season and flour in the same way, and almost cover with boiling water. Cover and cook gently, for an hour and a half to two hours in a moderate oven. The resulting sauce may be thinned with a little rich milk or cream, if desired, or the onions may be baked in a broth or brown stock instead of water.

French Fried Onions

Peel large onions. Cut them in slices crosswise about one-quarter of an inch thick. Then cut the slices so that the onion will be in strings about three inches long. Roll these strings in slightly-beaten egg white, diluted with a fourth cupful of cold water to an egg white and well-seasoned with salt and pepper, and then toss in fine, dry bread crumbs. Plunge them in deep fat hot enough to brown a bit of bread in a minute and cook until golden brown. Then drain on crumpled paper.

Young Onions in Cream Sauce

Cut off the tops of young onions about three inches from the bulbs. Boil the onions gently in salted water until tender, arrange on buttered toast, and pour over a cream sauce.

Creamed Onions

Peel the onions. Cook uncovered in boiling water until soft. Then drain and serve with white sauce.

If the onions are small, serve them whole. If large, chop coarsely with a knife. To be digestible they should be very soft.

Escalloped Onions

Use left-over cooked onions for this dish. Arrange them in alternate layers in a well-oiled baking dish, with White Sauce No. 2, and bestrew with coarse dry bread crumbs, mixed with 2 tablespoonfuls of melted butter or oleomargarine to the cupful. Bake thirty minutes, or until browned, in a moderate oven. If desired, a thinly shredded green pepper, which has been cooked until soft in drippings, may be sprinkled through the onion layers; or, grated cheese may be sprinkled on the top of each layer. In this case the dish is substantial enough for the main course at luncheon.

Turnips in Beef Broth

Scrub the turnips and cook in boiling water till nearly done. Then peel, cut in one-half inch slices, and nearly cover with well-seasoned beef broth. Simmer until tender, when the turnips should have absorbed most of the broth. Use the remaining liquid as a sauce. If desired, the turnips after boiling may be sliced, sprinkled with flour, put in a casserole, covered with broth and baked.

Diced Yellow Turnips

Peel yellow turnips and cut them into small dice; cook in boiling salted water until nearly done. Drain, add one tablespoonful of butter to each cupful of turnips and salt and pepper to taste.

Buttered Parsnips

Scrub the parsnips thoroughly, and cook in boiling, salted water until tender. Drain, plunge in cold water and then remove the skins; cut the parsnips in slices lengthwise and set in the oven for a few minutes with bits of butter to become very hot. Sprinkle with salt and pepper to taste before serving.

Parsnip Cakes

Boil the parsnips until tender. Drain and plunge in cold water, when the skins will slip off easily. Mash, add a tablespoonful of butter to each cupful of pulp, season with salt and pepper, shape in small flat round cakes, roll in flour and fry on a griddle.

Parsnips Baked in Stock

Wash the parsnips, cook till nearly done in salted, boiling water, and remove the skins. Cut in quarters, put in a baking dish, half cover with well-seasoned stock, and bake until the stock is absorbed.

Creamed Parsnips on Toast

3 medium-sized parsnips
2½ tablespoonfuls flour
2 tablespoonfuls butter
½ teaspoonful salt
2 cupfuls milk
⅛ teaspoonful pepper
Buttered toast

Plunge the parsnips in boiling, salted water, and cook until tender. Remove the skins, and cut the parsnips in six-inch strips. In the meantime, make a white sauce of the remaining ingredients. Arrange the parsnips on toast, pour over the white sauce and serve.

Baked Cauliflower

Soak the cauliflower, head down, in salted water for thirty minutes. Then boil it. Separate it into branches, and to each pint allow a cupful of either plain white or tomato sauce. Mix the cauliflower with this, turn into a well-oiled baking dish, and re-heat in a moderate oven, at the same time baking in the oven sufficient bacon for the family. Serve this as a garnish on the cauliflower, or substitute small sausages. Mashed potatoes, or potato croquettes, are a good accompaniment.

Baked Cauliflower and Mushrooms

2 cupfuls diced boiled cauliflower
1 cupful canned or fresh mushrooms
Chicken or veal stock, well-seasoned
Flour
Salt and pepper
2 tablespoonfuls butter

Fry the mushrooms in the butter, until they are slightly yellowed. Butter a baking dish; put in a layer of cauliflower, and then one of mushrooms. Sprinkle with flour, salt and pepper, and continue in this way until all is used. Cover with the stock, put on the lid and bake for thirty minutes. Two tablespoonfuls of minced green peppers may be added to the mushrooms, while they are being fried.

Cauliflower with Diced Turnips

2 cupfuls turnips, finely diced
2 cupfuls cauliflower flowerets
3 tablespoonfuls butter
Salt and pepper to taste

Boil the turnips, until nearly tender, in salted water, then add the cauliflower and continue cooking until all is tender — it will take about forty minutes altogether. Drain off the liquor into the stock-pot; season the vegetables with the butter, salt and pepper, and serve very hot.

Cauliflower Pudding

1 small cauliflower
4 tablespoonfuls butter
1½ cupfuls milk
2 tablespoonfuls flour
4 eggs
4 tablespoonfuls grated cheese
Salt and pepper to taste

Boil or steam the cauliflower till half done, then cut it in slices and fry in half the butter. Add one-half the milk; cream together the flour and the remaining butter, add to the remaining milk as in making white sauce, stir in the cheese, add the cauliflower and pour into the eggs well-beaten. Transfer to a buttered mould and bake in an oven hot at first, then moderate, until firm in the center, about thirty minutes. Turn out when tepid and serve at once.

Brussels Sprouts with Chestnuts

1 pint boiled Brussels sprouts
1 pint blanched chestnuts
Flour
Salt and pepper
½ teaspoonful onion juice
Brown soup stock — about 1½ cupfuls

Boil the chestnuts for five minutes, and remove the shells and inner skins. This is called blanching. Butter a baking dish, put in a layer of the sprouts, then one of chestnuts cut in pieces; dust on it a little salt, pepper and flour, and continue in this way until all is used. Pour over the stock, which should be well-seasoned, and to which should be added the onion juice. Cover and cook for half an hour in a moderate oven.

Browned Chestnuts

Blanch the chestnuts, as described in the recipe for Brussels Sprouts with Chestnuts. Cut them in pieces, sauté (fry) them lightly in a little butter, and for each two cupfuls of halved chestnuts allow 1½ cupfuls of brown sauce. Simmer together gently, until the chestnuts are perfectly tender.

Browned Chestnuts with Mushrooms

Prepare the mixture as described in the recipe for

Browned Chestnuts, substituting a cupful of boiled and quartered mushrooms, or canned mushrooms, for one cupful of the chestnuts.

Chestnut Purée

Blanch the chestnuts. Boil them, until tender, in as small amount of brown stock as is possible to use without burning them. Rub through a sieve; season with butter, salt and pepper to taste, and serve with game or poultry.

Cauliflower Greens

Save the outer green leaves of cauliflower, boil until tender in salted water, chop, and season with salt, pepper and butter or bacon fat.

Cauliflower *au Gratin*

1 cauliflower	Buttered crumbs to cover
1 cupful white sauce No. 2	

Soak the cauliflower, head down, thirty minutes in salted water. Boil until tender; sprinkle with salt and pepper, cover with buttered crumbs, and place in the oven till brown. Serve surrounded with white sauce, and sprinkled with grated cheese.

Creamed Cauliflower

Remove the leaves, cut off the stalks, scrub the cauliflower, and separate into flowerets, cook until soft in boiling, salted water. Drain and cut in dice, re-heating in 1½ cupfuls White Sauce No. 1. Use the cauliflower liquor as a basis for soup.

Cauliflower Hollandaise

Boil the cauliflower as in the preceding recipe, serving with Hollandaise sauce.

Fried Flowerets of Cauliflower

Let the cauliflower stand thirty minutes, upside down, in cold salted water. Plunge into boiling, salted water, and boil gently until tender. Cool, separate into flowerets, sprinkle with salt and pepper, roll in dried crumbs, egg and crumbs again, like croquettes, and fry in deep fat hot enough to brown a bit of bread in forty counts. Drain on crumpled paper, and serve piled on a dish covered with a paper doily. Sprinkle with minced green pepper, celery and pimentoes.

Brussels Sprouts *au Gratin*

Remove any wilted outer leaves. Then boil a quart of Brussels sprouts. Add a pint of White Sauce No. 1; mix well, and pour into a buttered baking dish. Bestrew with ¾ cupful buttered crumbs, mixed with 4 tablespoonfuls of grated cheese, and brown in a quick oven.

French or Globe Artichokes

Allow one medium-sized artichoke for each person. Cut half the stems off with the bottom leaves, strip off the withered outer leaves, and the following layers, until the leaves begin to feel tender. Then cut these top leaves across, even. As soon as prepared, drop each artichoke in cold water containing a little vinegar to prevent discoloration and let soak for half an hour. Wash thoroughly and boil until tender in salted water.

Or, if the artichokes are very large, cut them in two and allow a half to each person. Serve hot with sauce tartare, white sauce, Bechamel sauce, Hollandaise, French dressing or drawn butter.

Jerusalem Artichokes

Wash the artichokes, scrape them, and drop them in acidulated water, as in the directions for preparing French artichokes. Cook until tender in boiling salted water, but take care not to overcook them or they will turn woody. Drain, slice them and dress with salt, pepper and butter, or re-heat in a white, or Bechamel sauce, or serve escalloped according to the directions for Escalloped Oyster Plant.

Celery, Club Style

Trim off the tough outer stalks. Pare the celery root to a point then cut the whole stalk lengthwise into quarters, or sixths, according to the size, and let stand in cold water to crisp. The white tips should not be removed.

Creamed Celery

2 cupfuls diced celery
2 tablespoonfuls butter
½ teaspoonful salt
2½ tablespoonfuls flour
½ cupful milk
⅛ teaspoonful pepper

Remove the strings from the outer stalks of celery. Wash the stalks well with a brush, and cut them into half-length pieces. Put in a saucepan with a slice of onion (if desired), and 2 cupfuls of hot water and simmer till tender, about thirty minutes. Drain, reserving the liquor; make a white sauce of the butter, flour, seasonings, milk and one cupful of the celery liquor. Add the drained celery and serve very hot.

Celery and Cheese *au Gratin*

2 cupfuls celery cut in ½ inch pieces
1 cupful celery stock
2 tablespoonfuls flour
Salt and pepper to taste
1 cupful rich milk or cream
2 tablespoonfuls butter
¾ cupful grated cheese
¾ cupful buttered crumbs

Cook the celery in 2 cupfuls of water till tender; reserve a cupful of the celery stock and add to the milk. Melt the butter, add the flour and, gradually, the liquid, allowing it to boil up once. Add the seasonings and celery. Pour half of this into a buttered baking dish, add one-half the grated cheese, then the remaining celery and cheese; cover with the buttered crumbs and brown in the oven. Garnish with celery tips.

Celery Curls

Cut tender stalks of celery into two-inch lengths. Fringe each end to within an eighth of an inch of the center, and drop into ice water to "curl," or fringe out.

Creamed Celery on Ham Toast

Celery sticks, 3 inches long
White Sauce No. 2
Minced ham
Buttered toast

Allow six sticks to a person, simmering them till tender in salted water barely to cover. (Do not throw the liquor away; add it to the stock-pot.) Spread the buttered toast with the ham, arrange on a platter, pour over the cream sauce, and arrange six sticks of celery on each slice of toast.

Celery Jelly

2 cupfuls chopped celery, stalks and leaves
2½ cupfuls water
1 slice onion
Bit of bay leaf
Slice of carrot
1 tablespoonful granulated gelatine, softened in water to cover
1 tablespoonful lemon juice
½ teaspoonful sugar
1 cupful diced celery
Bit of thyme

Simmer the chopped celery, onion and seasonings in the water, adding enough, as it evaporates, to keep it always a pint. Strain and season it; add the gelatine, lemon juice and sugar, and, when slightly solidified, stir in the diced celery. Pour into individual moulds, and let stiffen. Serve as a garnish to cold meat, or as a salad with mayonnaise and nuts, or sliced tomatoes.

Fried Celery Tips

Dip tender celery tips in fritter batter, drain, and fry crisp in deep fat hot enough to brown a bit of bread in forty seconds. Use as a garnish to chicken.

String Beans with Bacon

6 slices bacon
3 cupfuls cooked string beans
Salt and pepper to taste
1½ cupfuls milk
2 tablespoonfuls flour

Fry the bacon in a small pan. Reserve 2 tablespoonfuls of the fat in the pan, add the flour and, gradually, the milk, as in making white sauce. Cut the beans in inch pieces, turn them into the sauce and mix in the cooked bacon, cut in pieces. Season to taste, and serve on toast or plain.

String Beans *Vinagrette*

Boil the beans until tender. Drain, and, while still hot, pour over vinagrette sauce made as described in asparagus vinagrette.

Steamed Winter Squash

Cut Hubbard squash in pieces of convenient size to fit a steamer top or large sieve. Place over boiling water and steam until tender, about one hour. Scrape the pulp from the hard shell, put through a potato ricer or sieve, and season with butter, salt and pepper, and a trace of sugar.

Baked Squash

Wash and scrub winter squash. Cut in halves, crosswise, scrape out the seeds and pulp, place in a pan containing a small amount of hot water, and bake, until soft, probably one to one and one-quarter hours. When soft, scrape from the shell, add 1 tablespoonful of butter to each cupful of pulp, ½ teaspoonful salt, and ⅛ teaspoonful of pepper. Mix well and serve hot. If desired sweet, add brown sugar to taste.

Baked Stuffed Summer Squash

6 small turban squashes
¾ cupful soft bread crumbs
1 cupful any kind cold meat, ham preferred
Tomato juice to moisten
½ cupful tomato pulp
½ tablespoonful minced onion
1 teaspoonful minced parsley
1 green pepper, minced
Salt and pepper to taste
1 tablespoonful melted butter

Hollow out the squashes and boil gently in salted water for thirty minutes. Drain and dry, sprinkle with salt and pepper, and fill with a stuffing made of the other ingredients. If too dry, moisten with tomato juice, cover with buttered crumbs, place in a baking pan, half cover with stock and bake in a slow oven until tender — about forty minutes. Serve with a well-seasoned tomato, brown or white sauce.

Fried Summer Squash

Wash, but do not pare, crook-necked summer squash. Cut in slices crosswise, and fry according to the directions for fried egg plant.

Creamed Oyster Plant

Scrape the oyster plant and drop it into water containing a little vinegar to prevent discoloration. Drain and boil in salted water until tender — about twenty-five minutes; then cut in dice, shake over 2 tablespoonfuls of flour for each cupful of oyster plant, add a cupful of milk, a little butter and salt and pepper, let boil up and serve.

Escalloped Oyster Plant

2 bunches oyster plant
2 cupfuls soft stale bread crumbs
¼ cupful butter or other fat
1 minced green pepper, if convenient
2 tablespoonfuls minced onion
Brown stock

Scrape the oyster plant, boil it until tender, and cut it in dice; butter a baking dish, put in a layer of the crumbs, fried slightly with the butter and green pepper; then add a layer of oyster plant, and continue in this way until all is used. Cover with boiling stock, then with dry bread crumbs mixed with a little extra melted butter and bake thirty minutes in a moderate oven.

Old-Fashioned Succotash

½ pint red kidney beans (or 1 pint shell beans)
¼ pound salt pork
1 can of corn or 3 cupfuls fresh corn cut from the cob
Salt and pepper

Soak the beans over night in water to cover. In the morning drain, add more water, salt and a pinch of baking soda, and cook until tender, about four hours. They should be kept moist. Then add the corn, season to taste, let boil up and serve with corn bread. An onion gives additional flavoring, if desired. If fresh beans are used, it is not necessary to soak them over night.

Farm Custard

2 cupfuls cooked corn
2 cupfuls cooked lima beans, chopped
6 eggs
1 quart milk
1 tablespoonful butter
2 teaspoonfuls salt
¼ teaspoonful pepper

Scald the milk, add the salt and pepper, pour into the eggs, which should be slightly beaten, and add the vegetables. Transfer to a buttered baking dish, set in a pan of boiling water, and cook gently as any baked custard, until the mixture is set in the middle. Serve with a bread sauce. If desirable, the mixture may be cooked in individual custard cups, unmoulded upon toast, and served as timbales. In this case they should be surrounded by the sauce, and a sprig of parsley should be inserted in each one. Fried bread crumbs may be used as a further garnish.

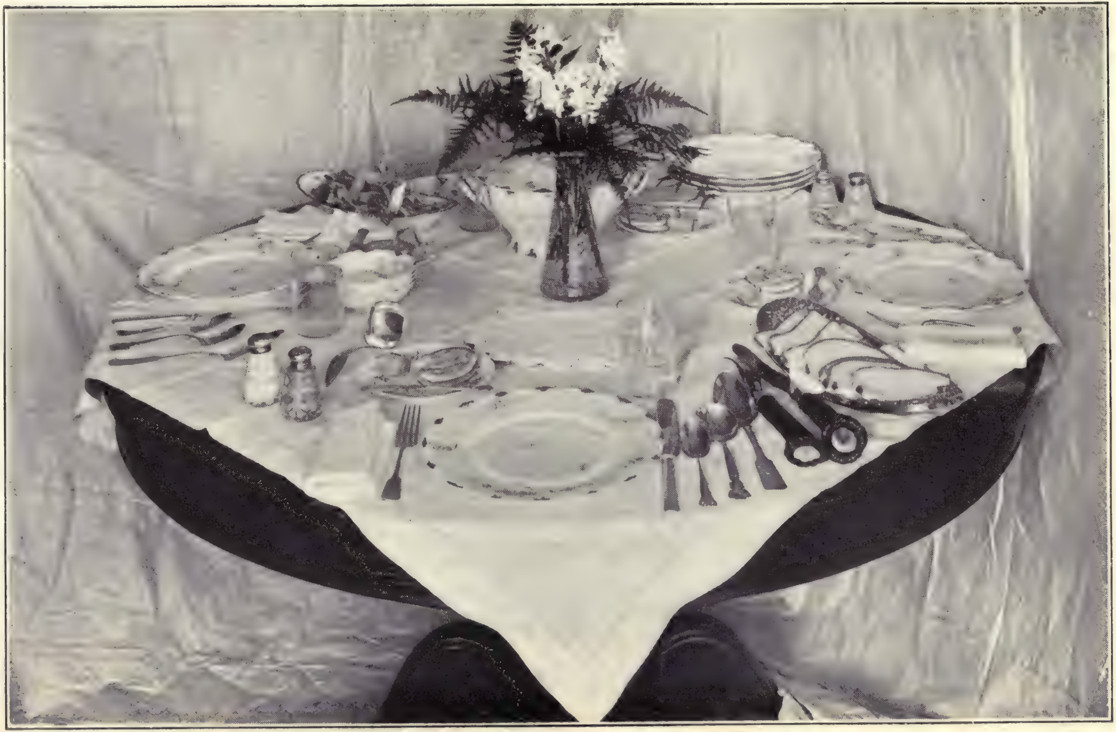


Table Set For Home Dinner

Tomatoes Stewed with Onions

6 medium-sized onions
2 green peppers
3 tablespoonfuls butter or savory drippings
1 teaspoonful sugar
Salt and pepper
1 pint canned tomato

Slice the onions and shred the peppers, then cook gently in the fat until softened. Add the tomato, season and stew gently for twenty minutes.

Mexican Tomatoes

1 pint stewed tomatoes
1 pint stewed corn
2 tablespoonfuls butter or bacon fat
Few grains cayenne
3 tablespoonfuls chopped peppers
1 teaspoonful sugar
¾ teaspoonful salt
½ teaspoonful onion juice

Melt the butter, add the peppers and cook until softened. Turn in the tomato and corn, add the remaining seasonings, and let stand to become thoroughly heated.

Escalloped Tomato with Onions

3 cupfuls canned or stewed tomato
½ teaspoonful salt
⅛ teaspoonful pepper
1½ cupfuls cooked onions
3 tablespoonfuls butter or other fat
½ cupful crumbs, mixed with
3 tablespoonfuls melted butter

Butter a baking dish. Add the seasoning to the tomato, and put a layer in the bottom of the dish. Add a layer of onions, then one of tomato, and continue until the dish is filled. Dot with bits of butter between each layer, and put the buttered crumbs on top. Bake in a moderate oven from thirty to forty-five minutes.

Escalloped Tomatoes with Whole Wheat Bread Crumbs

Rub a baking dish with butter, oleomargarine or bacon drippings, and a clove of garlic if the flavor is desired. Put in alternate layers of stewed and seasoned tomatoes, and dry whole wheat bread crumbs, making the last layer crumbs mixed with 2 tablespoonfuls of melted butter, oleomargarine or bacon drippings to the cupful. Bake thirty minutes in a moderate oven.

Fried Tomatoes

Select medium-sized tomatoes, wash them, remove the stem ends, and cut in thick crosswise slices. Dust with salt and pepper. Dip in flour and fry until browned in drippings or bacon fat. Serve with meats, on toast with white sauce, with a garnish of bacon or fried salt pork, or slightly sprinkled with sugar.

If desired to fry them in deep fat, egg and crumb as for croquettes and fry in deep fat hot enough to brown a bit of bread in a minute. In this case they will brown more evenly.

Baked Stuffed Tomatoes

Various fillings may be used in preparing baked stuffed tomatoes — as any kind of meat or fish, well-seasoned crumbs, or creamed corn or celery. The tomatoes should not be peeled, but merely hollowed out, seasoned with salt and pepper, and filled level with the stuffing, then bestrewn with buttered crumbs; put in muffin pans and bake about twenty minutes in a moderate oven. They may be served on buttered toast, with white sauce, creamed onions or corn, or creamed ham or other meat, as imagination — and the larder — may dictate.

Baked Tomatoes with Bacon

6 well-shaped tomatoes	6 toast rounds
6 thin slices bacon	Seasonings

Remove the skins from the tomatoes by means of boiling water. Dust with salt, pepper and sugar, and place on a baking plate. Cover the bottom of the plate with hot water; place a piece of bacon on top of each tomato, and set in a hot oven to cook. It will take about twenty minutes. Serve on buttered rounds of toast, moistened with water from the pan.

Fried Cucumbers

Pare the cucumbers, cut them in crosswise slices one-eighth of an inch thick, and dust with salt and pepper. Dip them in flour, then in egg and crumbs as for croquettes, and fry in deep fat hot enough to brown a bit of bread in a minute. They taste much like oysters.

Creamed Cucumbers

Pare the cucumbers; cut in strips and then into dice. Boil gently in salted water until tender (about twelve minutes), then drain, and add White Sauce No. 2 (2 cupfuls sauce to 1½ cupfuls cucumber). Season and serve.

Baked Stuffed Cucumbers

3 small cucumbers
½ cupful soft bread crumbs
½ cupful cold meat (any kind)
½ cupful tomato pulp
Tomato juice to moisten
½ tablespoonful minced onion
1 teaspoonful minced parsley
1 green pepper, chopped
Salt and pepper to taste

Pare the cucumbers and cut in halves, lengthwise. Boil gently six or seven minutes in salted water. Drain, scoop out the seeds, and fill the halves with stuffing made of the other ingredients. If too dry, moisten with tomato juice. Cover with buttered crumbs, place in a baking dish, surround with the cucumber water, and bake in a slow oven for forty minutes. Serve with a well-seasoned brown or tomato sauce.

Celeriac

Pare the bulbs and cook until tender in boiling, salted water. They may be sliced before cooking if desired. When tender, drain and dress with salt, pepper and butter, or re-heat in a cream or brown sauce.

Brown Celeriac

2 cupfuls celeriac cubes
2 cupfuls brown or chicken stock
3 tablespoonfuls butter
2 tablespoonfuls flour
Salt and pepper to taste
1 tablespoonful tomato catsup

Wash and scrape the celeriac. Cut in small cubes and fry until softened in 2 tablespoonfuls of the butter. Add the stock and simmer until tender. Rub the flour and remaining butter together, thicken, add the seasonings, let boil and serve very hot.

Buttered Beets

Wash the beets and cook whole and unpared in boiling water until tender, an hour for new beets, four for old. Drain, plunge into cold water and remove the skins. Cut in slices, crosswise, add salt and pepper to taste and 2 tablespoonfuls of melted butter to every three cupfuls of sliced beets. Let become very hot before serving.

Baked Young Beets with Lemon Juice

Wash the beets and rub them lightly with any fat and bake in a moderate oven until they are tender. This will take from an hour to an hour and a quarter for young beets. Then plunge them in cold water and rub off the skins; slice the beets. For each 2 cupfuls allow 2 tablespoonfuls of lemon juice. Pour this over the beets; dust with salt and pepper and let stand ten minutes in a warm place to season.

Winter Beets

Soak the beets an hour in cold water, then boil gently until tender (about three hours). Plunge at once into cold water, rub off the skins and cut the beets into dice. To each three cupfuls add 2 tablespoonfuls butter, ¼ teaspoonful mustard, 2 tablespoonfuls vinegar, ½ teaspoonful sugar and a little Worcestershire sauce. Season with salt and pepper to taste, and serve very hot.

Pickled Beets with Onions

1 pint sliced cooked beets, or 1 can beets
¾ cupful thinly-sliced onions
1 tablespoonful pickling spice
1 pint weak vinegar
1 tablespoonful sugar

Heat the spice, sugar and vinegar to boiling point, pour over the beets and onions arranged alternately in a deep dish, and let stand two hours to season.

Mushrooms on Toast

Peel the mushrooms, remove the stems, peel them and cut in dice. For each half pound of mushrooms melt 3 tablespoonfuls of butter in a frying pan. Add ½ teaspoonful onion juice, a little salt and pepper and a dash of nutmeg. Turn in the mushrooms and fry slowly for about twenty minutes, or until they are soft. Then add 1½ tablespoonfuls of flour for each half pound, mix in thoroughly and add 1 cupful of light cream, or 1 cupful of brown stock. Let simmer for a few minutes and serve on toast.

Mushrooms with Bacon

1 pound mushrooms
½ pound bacon sliced thin
Buttered toast

Peel the mushrooms; remove the stems and peel them. Fry the bacon till crisp, then remove from the pan. Chop the mushroom stems, coarsely, and fry them together with the caps in the bacon fat. Season lightly with a suspicion of nutmeg. Serve on toast, with a piece or two of bacon to garnish each serving.

Escalloped Mushrooms

½ pound mushrooms
2½ cupfuls soft bread crumbs
¼ cupful butter
½ teaspoonful onion juice
Few grains nutmeg
Salt and pepper
Brown soup stock

Peel the mushrooms, and cut the caps in dice and the stems in bits. Butter ramekins, put in a layer of the crumbs fried slightly in the butter, then one of mushrooms, sprinkle with the seasonings, and continue in this way until all is used. Pour over the stock, heated, sprinkle the tops with extra dry bread crumbs mixed with a little melted butter and bake thirty minutes in a moderate oven.

Steamed Pumpkin

Break open the pumpkin, remove the seeds and strings, cut the shell in pieces, and steam until the pulp is tender, about an hour and a half. Scrape from the shell and sift.

Fried Pumpkin

Prepare steamed pumpkin as directed in the preceding recipe; spread the desired quantity in the bottom of a hot skillet containing two tablespoonfuls of melted bacon or salt pork drippings. Cook gently until browned on the bottom, and serve garnished with cooked bacon or salt pork as a breakfast dish, or without, as a vegetable.

Pumpkin as a Vegetable

Cut the pumpkin in large pieces, scrape out the seeds, and place the sections in a dripping pan containing a little water. Bake until the pulp is mealy, then scrape it out of the shells, sift it (as squash), and season well with salt, pepper, butter, a little sugar and a generous dash of tomato catsup.

Peppers Stuffed with Brown Rice

6 medium-sized peppers
2 cupfuls cooked brown rice
½ cupful tomato pulp
2 tablespoonfuls butter
½ teaspoonful pepper
½ teaspoonful Worcestershire sauce
½ cupful sausage meat
1 pint White Sauce No. 2

Cut the tops from the peppers and scoop out the seeds. Mix together the rice, tomato, butter (melted), pepper, Worcestershire, sausage meat, and salt to taste. Fill the peppers two-thirds full. Place on a baking plate and put a teaspoonful of butter or bacon drippings on top of each one. Pour a half inch of water in the dish, and bake the peppers half an hour (or until tender), basting with the liquid in the pan. Serve surrounded with the sauce.

Stuffed Nut Peppers

6 green peppers
2 cupfuls soft bread crumbs
1 cupful chopped walnuts
½ cupful well-seasoned tomato, brown or white sauce
Seasoning to taste

Remove the tops from the peppers and scoop out the cores and seeds. Place in cold, salted water, bring quickly to boiling point, remove and drain. Mix together the crumbs and nut meats, moisten well with the sauce, season to taste with salt and pepper and stuff the peppers. Sprinkle with buttered crumbs and bake until tender (about thirty minutes) in a moderate oven, basting occasionally with hot water containing a little butter.

Green Peas

Shell the peas, and reserve the pods. Put them on to cook for one-half hour in a quart of boiling water to two quarts of pods. Use the resulting liquid as a basis for cream of pea soup.

Cook the peas themselves in boiling water to barely cover, adding ½ teaspoonful of salt and ¼ teaspoonful of sugar to a pint of water. Cook from twenty to sixty minutes, according to the age of the peas, and season well with butter, just before serving. The liquid should be of small quantity and act as a sauce.

Creamed Peas

Cook fresh peas as directed in the preceding recipe, add an equal quantity of rich milk or cream to the liquid left from cooking the peas and thicken with a tablespoonful of flour and butter rubbed together to a cupful of liquid. Season to taste.

If canned peas are used, rinse them with cold water, and re-heat in White Sauce No. 2, using ¾ cupful of the sauce to a can of peas.

Savory Carrots

6 medium-sized carrots
½ tablespoonful sugar
¼ teaspoonful salt
2 tablespoonfuls melted butter
Few grains pepper
2 tablespoonfuls minced parsley
1 tablespoonful lemon juice

Scrape the carrots, cut lengthwise, and boil or steam until tender. Then place in a saucepan with the melted butter, and add the other seasonings. Let become very hot and serve.

Glacé Carrots

Boil or steam the desired number of carrots; pare and cut in quarters. Place in a baking dish, dust rather thickly with granulated sugar and dot with butter, and add a suspicion of mace. Pour in a little water and bake, until coated, with the sugar syrup — about thirty minutes.

Creamed Carrots

Steam or boil the carrots until tender, pare and cut in dice. Make White Sauce No. 2, add the diced carrots and serve. If desired, an equal number of peas may be combined with the carrots.

Carrots en Casserole

3 cupfuls carrots cut in small cubes
2 small onions
3 tablespoonfuls butter
1 teaspoonful salt
⅛ teaspoonful pepper
1 cupful minced ham or corned beef
2 cloves
2 cupfuls strained tomato juice
⅛ teaspoonful nutmeg
1 teaspoonful sugar
3 tablespoonfuls flour
1½ cupfuls water

Let the carrots stand in cold water at least ten minutes. Chop the onions and sauté (fry) with the carrot in butter for five minutes. Add the flour and seasonings, stirring well, then the tomato, ham and water. When boiling pour into a casserole and bake two hours.

Carrots with Butter Sauce

3 cupfuls chopped or diced carrots
2½ cupfuls boiling water
1¼ teaspoonfuls salt
2 tablespoonfuls butter
1 teaspoonful sugar
Few grains pepper
2 tablespoonfuls flour

Fry the carrots in butter till a little soft; add the flour, seasonings and water. Let boil, then simmer till the carrots are tender, about an hour.

Carrot Straws

1 pound carrots cut in match-like strips
1½ cupfuls vinegar (mild)
1 cupful water
1 inch stick cinnamon
½ cupful sugar
2 small bay leaves
½ teaspoonful whole cloves
Grating lemon rind

Boil the carrots, then cook together the vinegar, water, sugar, bay leaves, cloves and cinnamon. Add the carrots and let stand at least twenty-four hours before serving. Serve plain, dressed with oil, or on lettuce with salad dressing.

Creamed Cabbage

2 cupfuls shredded cabbage
1½ cupfuls White Sauce No. 1

Shred the cabbage and place in rapidly boiling, salted water. Cook until tender, about twenty-five minutes; drain and add to the white sauce. Re-heat and serve.

Quick Cabbage

Chop the cabbage fine. Plunge into boiling, salted water and boil rapidly for twelve minutes. Season with pepper and a little butter if desired. Put the cooking liquid in the stock-pot.

Creamed Cabbage with Peppers

Shred the cabbage and boil twenty-five minutes in salted water. For each pint of cooked cabbage allow

1½ cupfuls milk, 2 minced green peppers, 2 tablespoonfuls minced onion, 1 teaspoonful salt, ⅛ teaspoonful pepper, 1 tablespoonful flour and 2 tablespoonfuls of butter. Melt the butter and cook the onion and pepper till yellowed in it. Add the flour, then the milk, gradually, and, when boiling, the seasoning. Turn in the cabbage, let become very hot and serve sprinkled with coarse crumbs of bread fried.

Cabbage *au Gratin*

3 cupfuls chopped cabbage
1 hard-cooked egg
1½ cupfuls milk
½ cupful buttered crumbs
1½ tablespoonfuls butter
1 teaspoonful salt
⅛ teaspoonful pepper

Boil the cabbage rapidly in salted water for twenty-five minutes. In the meantime, make a sauce of the flour, butter and milk, add the seasonings, stir in the cabbage and egg, which should be chopped, and pour into a well-oiled baking dish. Cover with buttered crumbs and bake till brown.

Sour Cabbage (Dutch)

1 medium-sized head cabbage (3 pounds)
½ teaspoonful salt
⅛ teaspoonful pepper
1½ cupfuls sour cream
¼ cupful weak vinegar

Shred the cabbage fine, wash it thoroughly and put it in a saucepan with a little hot water. Cover closely and let it simmer for four hours. At the end of three hours and a half add the cream, vinegar, salt and pepper, toss well and let cook till the liquid is absorbed, and the cabbage is whitened.

Stewed Cabbage with Dumplings

2 quarts chopped cabbage
1 pint chopped tart apple
8 slices salt pork
1 teaspoonful salt
2 quarts boiling water
Dumplings

Cut the salt pork in small pieces; cook out the fat and remove the pork. Add the apple and cabbage, sprinkle with salt, and pour over the water. Cook for thirty minutes, then add the dumplings, cook fifteen minutes longer, and serve with the salt pork added to the stew.

Cabbage Rolls

- 2½ cupfuls any left-over meat
- 1 egg
- ½ cupful soft crumbs soaked in ¼ cupful milk
- Salt and pepper to taste
- Few grains mace
- Cabbage leaves

Mix together the meat, egg, crumbs and seasonings. Select large cabbage leaves, scald with boiling water to wilt them, and place a generous spoonful of the meat mixture on each. Roll up, sprinkle with salt and place fold-side down on a rack in a steamer, and steam half an hour. Serve with white or tomato sauce, or brown gravy. Large lettuce leaves may be substituted for the cabbage.

Steamed Stuffed Cabbage

- 1 solid head cabbage
- 1 pound sausage meat
- 1 cupful bread crumbs
- ¼ cupful milk
- 1 egg
- ⅛ teaspoonful mace

Select a well-shaped head of cabbage weighing about three pounds. Cut a slice off the top and hollow out the cabbage, leaving a thin shell. Make a stuffing of the other ingredients, and pack into the cabbage which should be freshened by standing thirty minutes in cold water. Then tie in a cloth to aid in preserving the shape and steam until tender, from 1½ to 2 hours. Serve with tomato sauce. Use the cabbage that is scooped out for salad or quick cabbage.

Devilled Cabbage

Add to a quart of cooked, shredded cabbage, 2 tablespoonfuls of butter, 2 tablespoonfuls of vinegar, ½ teaspoonful mustard, ½ teaspoonful onion juice and a teaspoonful of Worcestershire sauce. A few grains of sugar and a little salt are an improvement. Serve with ham or beef loaf.

Hot Slaw

- 1 tablespoonful sugar
- 1 tablespoonful flour
- 1 teaspoonful salt
- Few grains pepper
- Few grains mustard
- 1 egg
- ¾ cupful milk
- ½ cupful weak vinegar
- 3 cupfuls shredded cooked cabbage

Mix the first six ingredients thoroughly in a double boiler top; then add the milk and cook over hot water till thickened. Add the vinegar, cook a little longer, stir in the cabbage and serve hot.

Sour Red Cabbage

- 1 medium-sized head red cabbage
- 2 tablespoonfuls butter or other fat
- 4 tablespoonfuls chopped onion
- 1 teaspoonful salt
- ⅛ teaspoonful pepper
- ¼ cupful mild vinegar
- ½ cupful grape juice

Shred the cabbage. Melt the butter in a saucepan, add the onion and cook until yellowed. Add the cabbage and let cook slowly twenty minutes over a slow heat. Then dust in the salt and pepper, add the vinegar and grape juice, and cook rapidly for fifteen minutes. Serve hot with meat of any kind.

Stewed Red Cabbage

- 4 cupfuls shredded cabbage
- 2 cupfuls brown stock
- 1 tablespoonful finely-minced onion
- ½ teaspoonful salt
- ⅛ teaspoonful pepper
- 1 tablespoonful vinegar
- 1 tablespoonful tomato catsup
- 1 tablespoonful flour
- 1 tablespoonful butter

Stew the cabbage gently in the stock and seasonings till tender (about twenty-five minutes). Then add the flour and butter creamed together, and bring to a boil, stirring constantly.

Radish Roses or Tulips

Round radishes may be cut to imitate tulips; to do this begin at the root end and make five petal-like incisions through the skin running three-quarters length of the radish. Slip the knife under these sections and cut down as far as the incisions extend. Cut a small slice off the top of each radish. Place in cold water for one to two hours, and the sections of skin will fold open, leaving the white center, suggesting a tulip in appearance. Always leave on one or two tiny radish leaves to act as handles.

Creamed Radishes

Red or white radishes may be used. If red radishes are used, wash them, leave them whole and cook in salted water until tender. If white ones are used, scrape them well, cut them in dice and cook in the same manner. To 2 cupfuls of cooked radishes add three-fourths cupful of White Sauce No. 2, and re-heat.

Plain Boiled Asparagus

Scrape the scales from the asparagus, tie the stalks in bunches, cut off the tough ends, set the tips upright in boiling, salted water (or in a steamer or asparagus cooker), the tips above the water line, cover and cook gently until tender. Drain, arrange on buttered toast, and season with a little melted butter and salt and pepper, or pour over Hollandaise, mousseline, or white sauce. Boil the tough ends and use the liquid for a cream of asparagus soup.

Canned Creamed Asparagus

2 cupfuls asparagus, cut in inch lengths
1 cupful White Sauce, No. 1

Open the can of asparagus, rinse and expose to the air for thirty minutes. Cut in inch pieces. Add the asparagus to the white sauce, heat, without stirring, and serve on toast.

Asparagus Cooked like Peas

Scrape the stalks and cut off the tough ends. Then cut the asparagus into dice, add boiling milk to cover, and simmer very gently over a slow heat, or cook in a double boiler until tender. This takes about twenty minutes. Then season with salt, pepper and butter, and serve accompanied with buttered toast.

Asparagus *Vinagrette*

1 can asparagus, or
1 bunch cooked asparagus
½ teaspoonful salt
⅛ teaspoonful paprika
½ teaspoonful onion juice
3 tablespoonfuls vinegar
5 tablespoonfuls olive oil
1 teaspoonful minced parsley
Few grains white pepper

Mix the seasonings, oil and vinegar until emulsified.

If canned asparagus is used, rinse it thoroughly with cold water; drain and pour over the sauce. Let stand thirty minutes in a cold place and serve.

Asparagus with Parmesan Cheese

Allow six stalks of asparagus to a person. Steam or boil as directed — then arrange for service individually in bundles of six, passed through green pepper rings, arranged on buttered toast, and dressed with melted butter and grated Parmesan cheese.

Asparagus Loaf

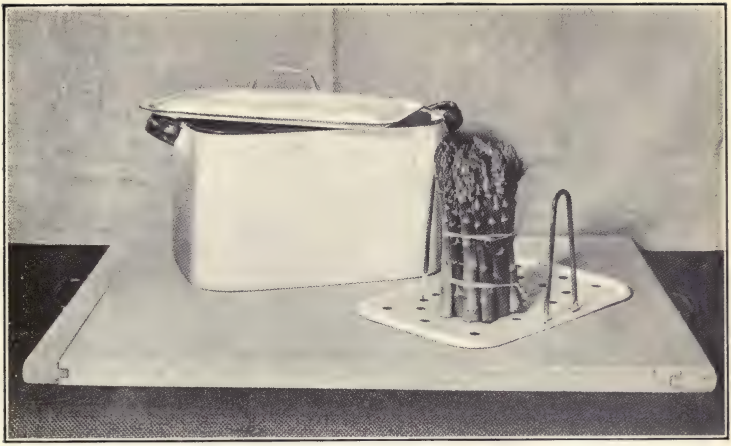
1½ tablespoonfuls butter or oleomargarine
4 tablespoonfuls flour
1 teaspoonful salt
¼ teaspoonful pepper
1 cupful milk
½ cupful minced veal
1¼ cupfuls cooked asparagus, cut in inch lengths
4 well-beaten eggs
2 cupfuls asparagus tips for lining mould

Cut the tips from two bunches of cooked asparagus in three-inch lengths. Select a quart mould about three inches deep, butter it thickly and cover the bottom with paper; line the sides with the tips, putting the green tops pointing downward, and arrange a design of the tips on the bottom. Then make a sauce by melting the butter, adding the flour and the milk, slowly, allowing it to boil. Add the veal, seasonings and asparagus, and, when boiling, pour onto the eggs. Transfer carefully to the mould, and set it in a pan. Surround with boiling water and cook till firm in an oven so slow that the water will not boil. Serve with mousseline sauce, or with creamed asparagus tips.

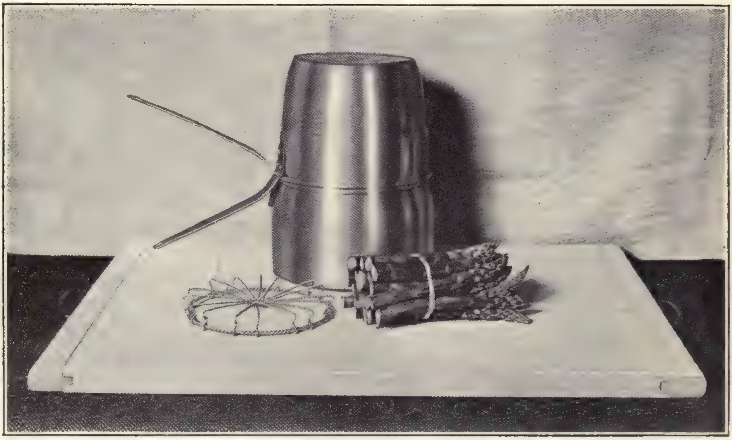
Canned Asparagus Timbales

½ cupful rich milk
½ teaspoonful salt
Few grains pepper
2 tablespoonfuls butter
4 tablespoonfuls flour
2 eggs
1 can asparagus

Cut off the asparagus tips to the depth of small timbale moulds. Prepare three-fourths cupful of asparagus cubes from the remaining stalks. Butter the moulds, then line them with the tips, and, if desired, place a pimento "star" in the bottom of each. Make a sauce of the butter, flour, milk and seasonings. Add it to the



An Asparagus Cooker



An Improvised Asparagus Cooker

asparagus cubes and the eggs, slightly beaten, pour gently into the moulds and bake like custard in a pan of hot water. Serve with cream sauce.

Asparagus Shortcake

Make a plain shortcake mixture and bake in two layers. Split, butter and put together with a bunch of cooked asparagus cut in inch lengths and re-heat in 1½ cupfuls of White Sauce No. 2. Garnish with quartered, hard-cooked eggs.

Creamed Lettuce

Select a fine large head of lettuce. Wash carefully without separating the leaves from the heart, then cut off the root, just below the white pith. Divide the lettuce into six sections, add a little salt and steam until tender, about fifteen minutes. Serve each portion on toast covered with White Sauce No. 2.

Wilted Lettuce

3 heads of lettuce
3 tablespoonfuls vinegar
4 drops Worcestershire sauce
½ pound sliced raw ham
Few grains paprika

Remove the tough outer leaves of the lettuce; cut off the root, leaving enough to hold the leaves together; cut each head in half and wash thoroughly. Place in a pan and scald with hot water, removing at once. In the meantime, fry the ham and cut into bits; drain off the fat which should be 4 tablespoonfuls. Mix with the vinegar and seasonings, add to the meat, and pour over the lettuce. Let stand in a warm place to become well-seasoned and serve.

Plain Spinach

1 peck spinach
2 tablespoonfuls butter
1 hard-cooked egg
⅛ teaspoonful pepper
⅛ teaspoonful nutmeg
Salt to taste

Remove the roots from the spinach. Wash the leaves in four changes of tepid water, then scald with very hot water. This sifts any remaining grit to the bottom of the pan. Place in a kettle with ½ tablespoonful of salt and cook till tender in its own juice, lifting occasionally to prevent burning. Drain, add the seasonings and chop fine. Re-heat; arrange in a serving dish, and garnish with hard-cooked egg to represent a daisy. Reserve any possible juice for the stock-pot, or towards a cream soup.

Creamed Spinach

3 cupfuls chopped cooked spinach
Few grains nutmeg
1½ cupfuls White Sauce No. 2

Combine the spinach, sauce and nutmeg, and re-heat.

Country Pie

1½ quarts thinly-sliced raw potatoes
¼ pound salt pork cut in small pieces
1 pint fresh lima beans
1 pint corn pulp
1¼ teaspoonfuls salt
¼ teaspoonful pepper

Cook the lima beans half an hour in the smallest possible amount of water. Put a layer of the salt pork in the bottom of a deep baking dish or casserole, then add one of potatoes and a sprinkling of the corn and beans. Season, and repeat until the dish is filled, finishing with the salt pork. Moisten slightly with the water in which the beans were boiled, then cover and bake in a moderate oven forty minutes. The cover should be removed the last fifteen minutes so that the pork may brown, and excess fluid evaporate.

Casserole of Vegetables with Ham

1 pound cabbage
2 cupfuls carrot cubes
2 cupfuls diced turnips
1 quart canned or stewed tomato
3 onions, sliced
Bit of bay leaf
1 cupful diced celery, or
1 teaspoonful celery seed
Hock end of a ham
¾ cupful brown or uncoated rice
Cloves
6 peppercorns

Quarter the cabbage and place it with the other vegetables and the rice alternately in a crock or deep casserole, putting the ham end (from which the skin has been removed) in the middle, together with the spices, tied in a bit of muslin. Cover with boiling water and cook very gently for three hours in a slow oven.

LEGUMES OR DRIED VEGETABLES

Dried peas, beans and lentils are classified as legumes. They are protein foods, or meat substitutes, and their place in the dietary is described in the chapter on the balanced ration.

They are all similar as to content and flavor and in nearly all cases may be used interchangeably. They should be soaked over night or for an equivalent time during the day, thoroughly picked over and washed, and then boiled. The addition of a little soda at this stage softens the hulls and makes the legumes more digestible.

All legumes may be boiled in salted water with or without the addition of herbs, onions, or a little garlic. However, fat should usually be added to reinforce the vegetable. This may be in the form of fat ham, fat salt pork, or bacon, fat corned beef, olive oil or the drippings from bacon, or sausage. After boiling until soft, any one may be put in a bean-pot, together with molasses or brown sugar and pepper, and baked.

Different sections grow different legumes. Any housewife will profit by a visit to a large grocery store where she can see displayed and purchase legumes of various kinds. The " Navy or soup bean " is commonly used, as are lima beans and split peas. But the several varieties of kidney beans, the many kinds of cow peas, and soy beans are scarcely used at all, yet they furnish one of the cheapest sources of protein food that may be obtained.

The legumes need long slow cooking to render them digestible. A fireless cooker is excellent for this purpose.

Plain Soy Beans

Soak the beans over night, boil up with a little soda, drain, and add water to cover. To a pound of beans use a tablespoonful of salt and a half-cupful of savory drippings. Boil until tender, about eight hours, or cook over night in the fireless cooker. If desired, a pint of stewed tomatoes, or four quartered fresh tomatoes and a minced green pepper may be added to the beans half way of the cooking. The drippings may be omitted.

Soy Beans with Samp

Soak over night, together, a half pound each of samp and soy beans. In the morning, drain and rinse, add a half pound of fat salt pork, cut in dice, cover with boiling water, add a tablespoonful of salt and simmer all day in a covered utensil. When done, the whole mixture will be rather mushy. Add water as necessary during the cooking.

Fried Soy Beans with Samp

Put the left-over mixture of soy beans with samp into a bread pan, rinsed with cold water. Let stand until stiff, turn out, slice, dip in dry bread crumbs and fry in savory drippings on both sides. Serve with tomato sauce.

Cow Peas with Brown Rice

Soak a half pound of cow peas over night; in the morning, drain, rinse and scald with a little hot water and soda. Rinse again, cover with water, add a half tablespoonful of salt and a quarter pound of diced fat bacon, or ground raw beef. Boil gently for four hours, adding water as necessary, then add a half pound of brown or uncoated rice and boil an hour longer.

Roast Pork with Cow Peas

Prepare roast pork as directed in the chapter on meats. In the meantime a half pound of cow peas should have been soaked and cooked until soft. They should then be put in the bottom of the roasting pan underneath the meat an hour before it will be done, and cooked until the meat is done and the peas are brown.

Stewed Soup Beans

1 pint soup beans
2 tablespoonfuls Barbadoes molasses
2 tablespoonfuls sugar
1½ teaspoonfuls salt
¼ teaspoonful pepper
¼ pound salt pork
1 pint stewed tomatoes
2 onions
¼ teaspoonful soda

Soak the beans over night. Drain, parboil, cover with boiling water, add the soda, the seasonings, the onion, chopped, and the pork cut in small pieces. Simmer for four hours, replenishing the water as needed. They should be moist, but not wet, when done.

Lima Beans in Tomato Sauce

1 pint of dried lima beans
⅛ teaspoonful soda
2 tablespoonfuls flour
2 tablespoonfuls butter or bacon fat
1½ teaspoonfuls salt
⅛ teaspoonful pepper
½ teaspoonful onion juice
2 cupfuls stewed and strained tomatoes

Soak the beans over night. In the morning drain, add the soda, and cover with fresh boiling water; cook slowly for an hour. Drain again, add more boiling water and the salt and cook an hour longer in a double boiler. Then melt the fat, stir in the flour, add the seasonings and, gradually, the tomato juice. Let boil up once, pour over the beans and serve very hot.

Mexican Beans

1½ cupfuls dried red kidney beans
¼ teaspoonful soda
1 cupful stewed tomatoes
2 teaspoonfuls salt
¼ teaspoonful pepper
½ cupful chopped salt pork
4 tablespoonfuls chopped onion
4 tablespoonfuls chopped green peppers

Soak the beans over night, drain, rinse, cover with cold water, add the soda and bring to boiling point. Rinse again. Turn the salt pork into a frying pan, and fry till crisp, adding the onion and green pepper. Then turn in the beans, add the salt and pepper, with water to cover, and simmer until tender — about three hours.

Red Kidney Beans with Spaghetti

1 cupful dried red kidney beans
1 teaspoonful salt
1 cupful spaghetti
Bacon
2 tablespoonfuls minced onion
2 tablespoonfuls bacon fat
1½ cupfuls tomato juice
¼ teaspoonful soda
Few grains pepper

Soak the beans over night, drain and stew them in salted water containing the soda. Cook the spaghetti until tender, and make a sauce by cooking the onion in the bacon fat until softened, and adding the flour and tomato juice. Season to taste and add to the spaghetti. Pour the beans (which should be quite dry) upon a platter, surround with the spaghetti, and garnish with cooked bacon. This is suitable for a dinner dish.

Stewed Red Beans with Salt Pork

2 cupfuls dried red kidney beans
3 tablespoonfuls minced onion
½ cupful minced carrot
2½ teaspoonfuls salt
8 slices salt pork
½ tablespoonful sugar
¼ teaspoonful pepper
¼ teaspoonful soda

Soak the beans over night, drain, add the soda and hot water to cover, and boil gently for one hour. Drain again. Try the fat from the salt pork and set the cooked pork aside. Add the carrot and onion to the fat, fry until softened, turn in the beans, add the seasonings and water to cover, and simmer till very tender and the water is absorbed, about an hour longer. Serve garnished with the salt pork.

White Kidney Beans with Tomatoes

1½ cupfuls dried white kidney beans
1 tablespoonful minced onion
2 cupfuls stewed tomatoes
½ teaspoonful pepper
¼ teaspoonful soda
4 slices salt pork
½ tablespoonful sugar
1½ teaspoonfuls salt

Soak the beans over night, drain them and boil up in water containing the soda. Try out the salt pork, and brown the onion in the fat; add the tomato, seasonings and the beans, barely covering them with water, and cook in a double boiler until tender — about three hours.

Horticultural Bean Loaf

2 cupfuls cooked horticultural beans
3 chopped pimentoes
1 cupful bread crumbs cooked to a paste in
½ cupful water
2 eggs
1 teaspoonful salt
Grating of lemon rind
Few drops onion juice
Few grains pepper

Mix together the beans, pimentoes, crumb paste and the seasonings; beat the egg yolks well, add to the mixture and fold in the stiffly-beaten whites. Pile in a well-oiled bread pan or brick mould, set in a pan of hot water and cook until firm. Serve surrounded by green pepper sauce.

Baked White Kidney Beans

1½ cupfuls dried white kidney beans
1 tablespoonful minced onion
1 cupful minced ham
1 cupful diced celery
Boiling water
1 teaspoonful salt
1 cupful sour cream
¼ teaspoonful pepper
1 teaspoonful sugar
¼ teaspoonful mustard
¼ teaspoonful soda

Soak the beans over night, add the soda, and stew until nearly tender. Then mix with the other ingredients, add hot water nearly to cover and bake an hour and a half in a moderate oven, uncovering them the last half hour.

Boston Baked Beans

1 quart pea beans
½ teaspoonful soda
½ pound fat salt pork, scalded, or
½ cupful bacon drippings
1 teaspoonful mustard
1 tablespoonful salt
½ teaspoonful pepper
1 cupful canned tomatoes (optional)
¼ cupful Barbadoes molasses
2 tablespoonfuls minced onion

Soak the beans over night in water to cover. Then wash them well and parboil with the soda in boiling water, till they are barely tender. Rinse again, put in a bean pot or casserole, mix in the seasonings, and bury the pork at the bottom. Cover with boiling water, put on the lid, and cook slowly for six hours in a moderate oven. Renew the water as needed and during the last two hours draw the pork to the surface, score it and let it brown.

Italian Beans

1 cupful Italian Beans
Boiling water
4 tablespoonfuls olive oil
6 tablespoonfuls grated cheese
½ a clove of garlic, minced
1 cupful sifted canned tomato
1 teaspoonful salt
Few grains pepper
2 tablespoonfuls minced onion

Soak the beans for four hours in water to cover and then drain. Fry the onion and garlic in the olive oil till softened, then add the beans, tossing them about, and pour in water to cover. Season and boil gently for four hours, adding water to replenish that lost from evaporation, and turn in the tomato. Let stand to become very hot, stew with the cheese, and serve as the main dish at luncheon or supper. Two minced green peppers may be fried with the onion, if the flavor is desired.

Stewed Italian Peas

1 cupful Italian Peas
1 quart soup stock
2 tablespoonfuls olive oil
Grating of lemon rind
¾ teaspoonful salt
Few grains pepper
1 cupful light cream

Soak the peas over night in cold water, drain, cover with cold water again, add ¼ teaspoonful baking soda and bring to boiling point. Drain again, rinse, toss the peas in the oil, add to the meat stock which should be boiling, season and simmer till tender — about three hours, replenishing the stock as it evaporates to keep the peas barely covered. When tender add the cream and the lemon rind, and serve as the main dish at luncheon or supper, or as a vegetable accompaniment to a meal light in meat.

Baked Lentils

2 cupfuls German lentils
1 cupful diced celery
1 cupful stewed tomatoes
4 slices salt pork (diced)
2 onions, minced
1 teaspoonful sugar
1½ teaspoonfuls salt
½ teaspoonful pepper

Soak the lentils over night, then drain and boil up in water containing a little soda. Drain again, mix with the other ingredients and pour into a bean pot or casserole. Barely cover with water and bake gently for four hours, uncovering during the last hour.

CHAPTER XVI

THE EDIBLE WEEDS

Many of the so-called weeds add variety and taste to the diet and as ballast and mineral foods induce a higher degree of health. As these weeds are all great pests, it is needless to say that the more they are cut the less they propagate, so by their use not only is a food procured without price, save the labor of gathering, but at the same time a step forward in eradicating a pest is made.

Dock Root

The leaves of dock root are efficacious in the diet as greens and the tonic properties which the plant contains are of value in the great art of keeping well.

Milkweed

Milkweed is one of the most delicious greens and may be used from the last of May on through the season. The plant may be recognized as a single stalk with oval-pointed leaves. Usually it branches into two or three stalks at the top. It can always be identified by the white, milky juice found in the stems. Milkweed should be eaten either when young (about six inches tall) or when the branches come. In the latter case only the branches are used, as the stalk grows bitter with age. When the young stalks are gathered, they may be bunched and boiled as asparagus and served on toast with either a butter or cream sauce. In case the branches are used it is more satisfactory to prepare them as greens, washing thoroughly, then boiling gently in a small amount of salted water for thirty minutes; then they are drained, chopped and seasoned with pepper and butter. Occasionally the greens may be heated up in cream sauce or scalloped with entire wheat bread crumbs, cream sauce and a little hard-cooked egg. This is a delicious supper dish.

Purslane

Purslane or "pusley" in old days was commonly used as a salad or pot herb, great medicinal virtue being ascribed to it. One ancient writer said, "Purslane doth mitigate the great in al the inward partes of the bodie, sembably of the head and eyes." While we cannot credit it with such specific powers, it is certain that along with the great group of greens it possesses purifying qualities beneficial to the body. Purslane appears about the middle of May, growing most prolifically in gardens, vegetable patches and corn fields. It is a prostrate, or trailing, plant, one root growing many stems, branching out and covering a circular surface. The stems are fleshy and red while the leaves are about the size of the thumbnail and almost round. As purslane has little flavor it tastes rather flat when cooked as greens, unless accompanied by a piece of ham, bacon or salt pork. As it is very succulent it makes a good salad, if it is dressed raw with oil, vinegar and a high seasoning of salt and pepper. It may be combined with sliced radishes or shredded green peppers to good advantage, or strewn with minced mint, when roast lamb or cold ham is to be served. It is also frequently used as a garnish.

Narrow Dock

Narrow dock, "curled dock," or "sour dock," for it is known by various names, is a particularly persistent and plentiful weed, ready to use from June throughout the season. It may be recognized easily. The stem is erect, angular and furrowed, growing from eighteen inches to two and a half feet tall and branching from the bottom up. The leaves are lanced-shaped and pointed, with the margins strongly shirred. The flowers are drooping green, inconspicuous clusters growing in circles about the stem. The leaves only are used, and are always cooked as greens and seasoned with salt and pepper. As the name "sour dock" suggests, the flavor is distinctly sour and for this reason it should be served with a suitable meat, as beef tongue, ham or corned beef, with which the flavor will harmonize. Occasionally the chopped cooked greens are moulded in cups in individual portions, and served on lettuce as a salad, accompanied by boiled dressing to which has been added a generous quantity of chopped, cooked ham. In this case it is sufficiently substantial to serve as a main dish at luncheon or supper.

Sorrel

Sorrel was always cultivated in old-time gardens, but it is now seldom found except in the wild state, in stubby or stony fields and along fence rows. Sorrel may be used as a salad plant, either alone, dressed simply with oil and vinegar, or in combination. Potato or egg salad or shredded cabbage combined with green peppers are delicious with it, while any kind of fish salad is improved by the addition of a small quantity. It is also used in soups, "cream of sorrel" being a favorite in France. To make this soup, cook a cupful of chopped sorrel in a tablespoonful of butter, add a little sugar, one-half teaspoonful of vinegar, a teaspoonful of salt and two tablespoonfuls of uncoated rice, then a pint of boiling water. Let simmer until the rice is soft. Add three cupfuls of veal or chicken stock and strain. Beat an egg yolk slightly; add a cupful of light cream and turn into the soup, stir until it becomes hot, strain and serve.

A combination of dandelion and sorrel as greens is delicious, the flavors supplementing each other especially well.

Plantain

Plantain is a familiar dooryard weed which grows in nearly all localities. This weed may be used either as a salad or a green. If it is to figure in a salad, only the young leaves should be used, and, as the plant is rather lacking in flavor, a dash of curry powder and Worcestershire sauce may be added to good advantage with French dressing. An excellent combination consists of one-half as much shredded plantain as celery, with a dash of minced green pepper, put together with a French dressing. As a green it may be used either plain, with salt pork or ham, or in combination with dandelion and horseradish, equal parts being used of the plantain and dandelion and one-third of horseradish. Plantain may be obtained throughout the season.

Pigweed

Pigweed was formerly cultivated in gardens, like spinach, but it is now found wild in corn fields, vegetable patches, barnyards and almost everywhere. The leaves should be gathered young and cooked like any green.

Dandelions

Whereas dandelions are now generally used, they are usually so unattractively prepared that few people really like them. When cooked as greens, they should be first scalded, then cooked, like other greens, slowly in their own juices, then chopped fine and seasoned well with salt, pepper and butter. If dandelions are to be served as a salad, only the most tender plants should be used.

The tiny young leaves of dandelion may be used as a green with any vegetable salad — a simple dressing of oil, vinegar, salt and pepper being sufficient. Boiled finnan haddie with a lemon sauce is delicious served on a bed of dandelion greens, while any left-over greens may be moulded and served cold with mayonnaise or boiled salad dressing. Dandelions are also delicious in combination with an equal quantity of spinach.

Cowslip

Cowslip, or marsh marigold, is one of the first greens to appear and is in season from the last of March through April. It is always found in moist places and can be identified by its smooth, dark green leaves, about two inches in diameter, almost round, save for a deep notch where they are joined to the stem, and by its brilliant yellow flowers, in shape much like a buttercup.

Cowslips are always used as greens, and a dash of nutmeg should be added with the other seasonings. The dish will be greatly improved if it is bestrewn with a little hard-cooked egg at serving time. It may be made into a soup, like a cream of sorrel, a cupful of cooked and sifted cowslip pulp being substituted for the sorrel, and a slice of onion and a bit of bay leaf being added for the seasoning. Cooked and moulded the cowslip makes a delicious salad, which should be served with boiled dressing and small balls of cottage cheese dusted with paprika.

Brake Fern

Those whose hearts are steeled against Nature do not hesitate to cut the curly white fronds of the brake fern and cook them as greens. The best way to do this is by steaming, as then the shape is not spoiled, the fronds being attractive in appearance when cooked and suitable to serve on toast with a butter or cream sauce.

Mustard

Either white or black mustard is a weed that can be used to advantage in the diet. It is well known as a plant growing along roadsides and in any cultivated ground, being particularly troublesome in grain fields and pastures. Like all plants mustard is at its best when young. The leaves may be used in combination with other greens which have a bland flavor, like purslane or pigweed, as the sharp flavor of the mustard gives them zest. When very young and crisp, mustard forms a good salad green and may be dressed either plain or in combination with cabbage, tomatoes, string beans or peas. A bacon, fish or cheese sandwich is greatly improved by a few mustard leaves dipped in French dressing. It is also a good salad accompaniment to cheese dishes or other foods difficult of digestion, as the sharp flavor stimulates the digestive organs. As mustard is bulky it is an excellent laxative.

Nettles

The nettle is another edible plant formerly much used, but now little known. The tender shoots, plucked before the plant begins to flower, may be cooked as greens or made into an old-fashioned dish known as "nettle porridge"— a type of creamed green worth trying. If gloves are worn while picking, no ill effects from the nettles will be felt.

Mint

Mint is a weed of possibilities, although it is now little known save in a sauce. A handful of mint tops added to green peas when cooking gives a delicious flavor, while a touch of it is indispensible to dried pea or bean purée. Finely minced, the leaves may be added to orange fruit cup and banana salad, while a mint sherbet or quick mint jelly is delicious. In combination with cabbage, cucumbers or tomatoes it makes a delectable salad, while a sprig added to iced tea or lemonade is refreshing.

Wintergreen

Wintergreen is a plant that is slowly coming into favor among country folk as a distinct flavoring agent. In the spring the tiny reddish leaves or "pippins" are a delicious addition to any fruit salad dressed with a French fruit dressing. Suitable combinations with wintergreen are bananas, pineapple and orange, or apple, nut and celery. It may be added to dressed cabbage, or used instead of mint in mint sauce. Wintergreen jelly is somewhat of a novelty and may be made by adding one cupful of chopped wintergreen leaves to a cupful and a half of water which contains a tablespoonful of vinegar, two of lemon juice, one-half tablespoonful of sugar, a dash of nutmeg, and a scant tablespoonful of granulated gelatine dissolved over steam in a little water. This should be moulded and served as a garnish to cold ham or lamb, sprays of wintergreen being used to garnish the dish.

Checkerberries

Checkerberries may be used instead of pippins in any fruit salad, while they are delicious when cooked in sugar syrup and candied like orange peel.

CHAPTER XVII

SALADS AND HOW TO MAKE THEM

ALL MEASUREMENTS ARE LEVEL

Of all the summer foods salads are perhaps the least understood. To many the word signifies only green, straggling, frequently bitter lettuce, served with a sweet-sour apology for something called a dressing. Again, it means the beloved of the delicatessen store and the church supper — the onion-filled, vinegar-soused, mushy mixture known as potato salad, or it conjures up a palate-picture of a varied number of fruits besprinkled with marshmallows, swathed in mayonnaise, and finished off with nuts. Alas, for the mistreated salad! Correctly made it is a healthful, nourishing and appetizing adjunct to the daily meals; improperly prepared, it had better be omitted from any menu.

Of course, the palate soon tires of a daily diet of any one salad plant, but when there are so many from which to make selection, all at about the same price, there is no excuse for monotony. Of the many plants comparatively little known, watercress, chicory, romaine, endive, corn salad and young dandelions offer a wide choice which may be supplemented by the more common lettuce, celery and cabbage. Then there are the wild salad plants as purslane, or "pusley," sorrel, young mustard, mint, or plantain described in the chapter on edible weeds.

How to Prepare and Crisp Salad Greens

No matter what type of salad is to be made, whether the plant itself is to form the base, or whether it is to be used merely as a garnish to the other ingredients, the salad plant must be crisp and thoroughly clean. Too much stress cannot be laid on the necessity of the latter, for the salad plant is not cooked, and every bit of dirt must be washed off, as it is a splendid harborage for disease germs.

The leaves should be entirely separated from the roots, washed in plenty of cold water, and then rinsed. The outside leaves should be separated from those that are more desirable, and should be shredded as a salad green, or used in soup, for they are too rich in minerals to be consigned to the garbage can. If ice is at hand, the washed and drained leaves should be put into cheesecloth bags, so that they will not fall out and clog the refrigerator drain, and be placed next to the ice. Or, if there is plenty of room, they may be crisped in one of the wire salad baskets so much used in Italy and recently introduced here. If no ice is at hand, wrap the salad loosely in paraffine paper, place it in a tightly-covered utensil, and set it in the coolest possible place. If the weather is not too warm, the green will keep for two days.

Preparing Salad Ingredients

The preparation of the various salad ingredients demands a little time, but the result is well worth the effort. A tomato salad, served skin and all, for instance, may be quickly prepared, but the skin is indigestible, and its removal will not only make the salad more appetizing, but will lift it above the restaurant level. A good way to remove tomato skins is to bruise the fruit with the blunt edge of a knife, when the tomato may be easily peeled. By this method none of the flavor is lost. A quicker method is to use boiling water; if properly done, the flavor is not greatly affected. Put the tomatoes into a wire basket, plunge them into boiling water and let stand one minute, and then immerse in cold water. Cabbage should be shredded fine for salad, rather than chopped. It is not necessary to use a special shredder for the purpose, a very sharp long knife serving to shave the cabbage into tiny shreds. These should be crisped in ice water, if possible. There is no foundation for the old-time idea that cucumbers should always be allowed to stand for some time in cold, salted water before using. They should be crisped in plain ice water, but, if they are hard to digest, they may be placed in a cheesecloth bag and the juice squeezed out. They will not be crisp, treated in this way, but are usually more digestible. Celery for salad should be cut into small dice; if properly prepared, even the outer stalks may be used. The grooves should be washed with a brush, the strings removed by slipping a knife under them at the root-end, and pulling toward the top of the stalks; scraping is not a good method. Two or three stalks should then be put together. They should be held on a board, and the stalks be shredded lengthwise, then cut crosswise into small uniform pieces.

Fish, chicken and other meats should be cut in pieces about the size of a large pea; if they are too large, the dressing does not penetrate them; if too small, or if the meat has been put through the food-chopper, the result is a pasty mixture, suitable only for sandwich fillings.

When introducing eggs into a mixed salad, slice them, or separate the whites from the yolks, chop the whites, coarsely, and mix them with the salad; rub the hard-cooked yolk through a coarse sieve or potato ricer, and sprinkle thickly over the top as a garnish. In making potato salad it is always better to cut the potatoes small and combine them, while still warm, with the onion juice, vinegar and oil; the other ingredients may be added later. Parsley, mint, chervil and other herbs should be very finely minced after being thoroughly washed and then dried.

Dressing a Salad at the Table

The best way to prepare a green salad, whether it be plain, with herbs, with a combination of tart fruits, or with other fresh vegetables, is to dress the salad at the table. In this case the salad bowl should be roomy. The high bowl on a standard is quite the newest shape. In general the bowl should be lined with salad greens, the other ingredients, if they are used, being arranged attractively among the leaves. The oil and vinegar should be in cruets and together with the salt, pepper, paprika, any other desired condiments, and the salad fork and spoon should be set upon a small tray. To dress the salad, measure out a half tablespoonful of oil for each person to be served. Pour it over the salad, add the salt, pepper and other condiments, if they are to be used, and toss the salad with the fork and spoon until the leaves begin to look a little wilted, then add one-third as much vinegar as oil for each person, and mix until it is absorbed. This does not take long, if done vigorously.

The salad can be greatly varied by using various kinds of vinegar. Italian vinegar gives an especially smooth, pungent dressing, while any of the herb vinegars, such as tarragon, nasturtium, celery, mint and so on (any of which may be easily made at home) relieve any monotony.

When to Use French Dressing

The question has frequently been asked why it is preferable to dress the salad at the table, rather than to use a French dressing, which is poured over the salad. The first method is preferable for delicate greens, because they then absorb the dressing, but the regulation French dressing should be used in marinating (combining) various salad ingredients, as chicken, veal, potatoes and the like, which will readily absorb it without becoming wilted. The proportions of oil and vinegar for French dressing remain the same as when the salad is dressed at the table.

The Selection of Salad Oil

The question of oil for salad making is becoming more of a problem, as large numbers are beginning to appreciate the dietetic and gastronomic value of the salad dressed with oil. The best uncooked dressings are made of genuine olive oil, which is unsurpassed in flavor as well as digestibility. However, this is expensive; good substitutes are peanut-, cottonseed-, and corn-oil. In using any of these olive-oil substitutes, a little more acid and slightly higher seasonings should be introduced. A mixture of one-third highly-flavored Italian olive oil and two-thirds of any one of the cheaper oils will give an olive oil flavor at a lower cost. This method is used by some of the best hotels.

The Choice of Salad Dressings

The character of the salad dressing should be dictated by the place of the salad in the meal. All light vegetable salads, those occasionally containing a little tart fruit, and those which are to constitute a separate course at a dinner, should be served with French dressing, or one of its derivatives. The same dressing may be used on luncheon or supper salads, if desired, but when they are to serve as the main course of the meal, it is customary to use a mayonnaise, boiled or cream dressing. The best rule to follow in deciding on the dressing is to keep in mind the actual salad ingredients. If they are fat and very rich, a boiled dressing should be selected rather than a mayonnaise, which contains a large quantity of fat. If they are deficient in fat, a mayonnaise dressing combines well both dietetically and gastronomically. For a fruit salad the dressing may consist of mayonnaise, either plain or combined with a little whipped cream, preferably sour, or it may be of a distinctly sweet type as honey salad dressing.

If a sweet dressing is used, however, the fruit salad must act as dessert, rather than a separate course. In most cases it is preferable partially to combine the salad with a small quantity of French dressing, rather than a large quantity of heavier dressing.

To sum up the requirements for making a "real" salad: All the ingredients must be cold, the greens should be crisp and dry, the salad should be moist, but not "soupy," and, if a substantial salad is made, it should be allowed to stand for some time with the dressing mixed through it. The salad plates should be cold, and the salad itself should be attractively arranged and garnished, for "the eye does half the eating."

FRENCH AND MAYONNAISE DRESSINGS

French Dressing

3 tablespoonfuls olive oil
1 tablespoonful vinegar
⅓ teaspoonful salt
Few grains paprika
Few grains pepper

Beat thoroughly until emulsified.

French Dressing in Quantity

1 cupful olive oil
⅓ cupful vinegar
1½ teaspoonfuls salt
¼ teaspoonful pepper

Mix together in a screw-top glass jar and shake until thoroughly emulsified each time before using. It may be kept indefinitely.

French Fruit Salad Dressing

3 tablespoonfuls olive oil
1 tablespoonful lemon juice
⅛ teaspoonful salt
½ tablespoonful powdered sugar

Combine and beat till emulsified.

California French Dressing

2½ tablespoonfuls granulated sugar
Few grains cayenne pepper
2 tablespoonfuls olive oil
3 tablespoonfuls vinegar
½ teaspoonful salt

Mix the dry ingredients together. Add the oil gradually, blend thoroughly and beat in the vinegar, slowly. Let stand with the heart of an onion till slightly flavored. This may be omitted if desired.

English Salad Dressing

½ teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful celery seed
Few drops onion juice
¾ teaspoonful Worcestershire sauce
2 tablespoonfuls vinegar
4 tablespoonfuls olive oil

Mix together the salt, pepper, celery seed, onion juice, Worcestershire and the oil. Let stand to become seasoned, and strain. Then slowly beat into it the vinegar until it is emulsified. Use at once with any plain vegetable salad.

French Pepper Dressing

5 tablespoonfuls olive oil
2 tablespoonfuls vinegar
¾ teaspoonful salt
Few grains cayenne
¼ teaspoonful Worcestershire
¼ teaspoonful curry powder
¼ teaspoonful onion juice
2 tablespoonfuls minced green pepper

Mix the ingredients in the order given, beat well and serve at once with plain green salad, string bean, cauliflower, beet, tomato or cucumber salad.

Italian Dressing

½ teaspoonful salt
1½ teaspoonfuls grated onion
¼ teaspoonful white pepper
1 tablespoonful tomato conserve or catsup
1½ tablespoonfuls vinegar
4 tablespoonfuls olive oil

Mix the first four ingredients thoroughly; add the vinegar slowly, then beat in the oil a little at a time. Use at once.

Radish Dressing

5 tablespoonfuls olive oil
1 tablespoonful lemon juice
1 tablespoonful orange juice
1 tablespoonful tarragon vinegar
½ teaspoonful salt
Few grains cayenne
¼ cupful radishes (sliced)

Mix the ingredients thoroughly, except the radishes, then add the radishes, and use at once.

Roquefort Salad Dressing

¼ cupful Roquefort cheese
¼ cupful olive oil
Dash paprika
2 tablespoonfuls vinegar
½ teaspoonful salt
⅛ teaspoonful pepper

Beat the cheese till creamy, gradually working in the oil, seasonings and, lastly, the vinegar. Use at once.

Whipped Cream Dressing

3 tablespoonfuls grated horseradish
2 tablespoonfuls lemon juice
1 tablespoonful tarragon vinegar
1 teaspoonful salt
½ teaspoonful mustard
½ teaspoonful sugar
¼ teaspoonful cayenne
1 cupful sweet or sour cream (whipped)

Mix the dry ingredients, vinegar and lemon juice together. When ready to serve add the whipped cream slowly, beating constantly.

Cucumber Salad Dressing

Add one cupful of diced and pressed cucumbers to the preceding just before serving.

Cream Cheese Salad Dressing

½ a cream cheese
⅓ teaspoonful salt
¼ teaspoonful pepper
2½ tablespoonfuls spiced, pickling vinegar
Few grains paprika
6 sliced pickled onions
5 tablespoonfuls olive oil

Cream the cheese till soft, then beat in the other ingredients in the order given. Use on cold slaw, tomatoes, cucumbers or any plain green salad.

Uncooked Sour Cream Dressing

- ¾ cupful thick sour cream
- ½ teaspoonful salt
- 2 tablespoonfuls vinegar
- Few grains white pepper
- ¼ teaspoonful paprika

Mix the ingredients in the order given, and use with cabbage or tomato salad.

Bar le Duc Salad Dressing

- 3 tablespoonfuls Bar le Duc Jelly
- 2 tablespoonfuls olive oil
- 1 tablespoonful lemon juice
- ⅛ tablespoonful salt

Beat well and use at once.

Currant or Cranberry Jelly Salad Dressing

- 2 tablespoonfuls currant or cranberry jelly
- 1 tablespoonful lemon juice
- 2 tablespoonfuls olive oil
- ¼ teaspoonful salt

Melt the jelly, add the lemon juice, oil and salt and beat thoroughly.

Honey Salad Dressing

- ¼ cupful olive oil
- 3 tablespoonfuls honey
- 2 tablespoonfuls lemon juice
- Few grains salt

Beat together until frothy; use at once.

Quick Mayonnaise

- 2 egg yolks
- 1 teaspoonful powdered sugar
- ¾ teaspoonful salt
- ⅛ teaspoonful cayenne
- ¼ teaspoonful mustard
- 1½ cupfuls olive oil
- 1½ tablespoonfuls lemon juice
- 1½ tablespoonfuls vinegar

Measure out the oil into a pitcher. Mix the dry ingredients, add the egg yolks, beat till slightly thickened and add the vinegar and lemon juice, gradually. Use an egg-beater of the wheel type and beat in the oil a teaspoonful at a time. When thick, the oil may be added much more rapidly, taking care to beat the mixture thoroughly after each addition. When done, a tablespoonful of boiling water should be beaten in. If stored in a glass jar and covered closely in a cool place, this will keep indefinitely. Any olive oil substitute may be used in making this dressing.

Thousand Island Salad Dressing

1 cupful mayonnaise
5 tablespoonfuls chili sauce
1 chopped pimento
½ tablespoonful chopped chives

Combine the ingredients in the order given.

Russian Salad Dressing

¾ cupful mayonnaise
2 chopped pimentoes
1 tablespoonful chopped chives
6 tablespoonfuls chili sauce
1 teaspoonful chopped capers or chow chow
3 teaspoonfuls tarragon vinegar
¼ cupful whipped sour cream

The mayonnaise should be very thick. Combine the ingredients in the order given.

COOKED SALAD DRESSINGS

Cheap Boiled Salad Dressings (1 quart)

6 tablespoonfuls flour
1½ teaspoonfuls mustard
1 tablespoonful salt
2 tablespoonfuls sugar
1 tablespoonful onion juice
2 tablespoonfuls butter
2 eggs
2 cupfuls milk
1½ cupfuls weak vinegar

Mix together the flour, mustard, salt, sugar, onion juice, butter and eggs in a double boiler top; add the milk slowly so it will not be lumpy, cook over hot water till thick, stirring constantly, then add the vinegar and stir until thickened again. This may be kept closely-covered in a cool place for two weeks.

Rich Salad Dressing

½ tablespoonful mustard
½ tablespoonful salt
1 tablespoonful sugar
1 tablespoonful onion juice (optional)
1 cupful milk
1 cupful mild vinegar
1 tablespoonful corn starch
3 eggs or 6 egg yolks

Mix the dry ingredients together, add the eggs and onion juice and beat well. Stir in the milk, and cook over hot water till thick, then add the vinegar, slowly, beating thoroughly. Strain and cool.

Boiled Oil Dressing (A Mayonnaise Substitute)

2 tablespoonfuls olive oil
2 tablespoonfuls flour
2 tablespoonfuls lemon juice
Boiling water
1 egg yolk, beaten
1 cupful olive oil
1 teaspoonful salt
1 teaspoonful pepper
¼ teaspoonful mustard
1 egg white

Blend the 2 tablespoonfuls of olive oil, the flour and lemon juice, in a measuring cup. Fill the cup with boiling water, transfer to a double boiler and cook until thickened, stirring constantly. Pour into the egg yolk, beating constantly, and cool. Then gradually beat in the oil and seasonings, and lastly thin the mixture with the egg white whipped stiff.

Sour Milk or Buttermilk Salad Dressing

¼ cupful sugar
¼ cupful butter
½ teaspoonful mustard
4 tablespoonfuls flour
Few grains cayenne
2 eggs, beaten
1¼ cupfuls sour milk or buttermilk
¾ cupful weak vinegar
2 teaspoonfuls salt

Melt the butter, add the sugar, flour and seasonings, then the eggs, beaten, and the milk. Stir over hot water until thick, then add the vinegar, slowly, stirring constantly till the mixture thickens again. Remove from the heat, chill and serve.

As this keeps for two weeks in a cool place, several times the recipe may be made and stored in glass jars.

Peanut Butter Salad Dressing

2 tablespoonfuls peanut butter
1 tablespoonful olive oil
Dash of paprika
1 tablespoonful tarragon vinegar
½ tablespoonful lemon juice
1 cupful any boiled dressing

Beat thoroughly. Serve with fruit salad.

Curry Dressing

½ tablespoonful salt
¾ teaspoonful mustard
2 tablespoonfuls sugar
Few grains cayenne
6 tablespoonfuls weak vinegar
1 tablespoonful flour
3 egg yolks
2 tablespoonfuls melted butter or oil
1¼ cupfuls milk
½ teaspoonful curry powder

Mix the dry ingredients, add the egg yolks, slightly beaten, the butter and the milk; then pour in the vinegar slowly, and cook over boiling water until the mixture thickens, stirring constantly. Strain and cool.

Sweet or Sour Cream Dressing

2 egg yolks or 1 egg
½ teaspoonful salt
Few grains cayenne
4 tablespoonfuls tarragon vinegar
¼ teaspoonful mustard
1 tablespoonful granulated sugar
2 tablespoonfuls butter
¾ cupful whipped cream (sweet or sour)

Mix together egg yolks and dry ingredients in a double boiler top. Add the vinegar and cook over hot water until thickened, then add the butter, bit by bit, till all is in, and cool the mixture. Fold in whipped cream just before serving. This is suitable only for fruit salads.

Cream Honey Salad Dressing

4 egg yolks
½ cupful honey
Juice 1 lemon
1 cupful slightly sour or sweet cream
⅓ teaspoonful salt
⅓ cupful olive oil
¼ teaspoonful paprika

Beat the yolks thoroughly, then pour in the honey, which should be boiling hot. Cook for a moment, beating continuously, then fold in the oil, lemon juice and the cream, beaten stiff. Use only with fruit salads.

VEGETABLE SALADS

Vegetable salads may be made in many combinations, — imagination only being the limit. It is a good plan to put washed and dry radishes, white or red, pieces of green peppers which may have been left over, or a tomato, if there is an extra one at hand, in the salad bag or basket, along with lettuce or other salad greens, and before it is realized the ingredients for a delicious vegetable salad will be accumulated. Specific recipes are unnecessary for simple salads of this type. However, the following suggestions will probably assist the imagination:

Lettuce, cress and celery.
Cress, tomatoes and cucumbers.
Romaine, sliced radishes and shredded cabbage.

Sliced tomatoes, diced cucumbers and lettuce.
Young dandelions, new onions and cooked beets.
Lettuce, tomatoes and corn.
Romaine, asparagus tips and small, or sliced, radishes.
Peas, sliced shallots, lettuce or cress.
String beans, radishes and lettuce.
Sliced tomatoes, diced cucumbers and lettuce.
Chicory and cucumber.
Escarole, chives and cubes of tomato jelly.
All these may be served with French dressing.

Dressings Which May Be Served with Vegetable Salads

For vegetable salads, French dressing, California French dressing, English salad dressing, French pepper dressing, Italian and radish dressing, Roquefort salad dressing, boiled dressing and mayonnaise are all suitable for certain meals and may be substituted for the French dressing mentioned in the list of vegetable salad combinations as desirable.

Yellow Tomato and Chestnut Salad

12 yellow tomatoes
¾ cupful diced celery
Lettuce
¾ cupful sliced blanched chestnuts
California French dressing

Remove the tomato skins by means of boiling water. Cut the fruit in halves and let marinate in the dressing for half an hour. In the meantime, mix together the chestnuts and celery, add a little of the dressing and let stand in a cold place to become seasoned. Arrange nests of shredded lettuce on individual plates, drain the tomatoes and arrange them on these nests in shape of a Maltese cross, put a spoonful of the celery and chestnut mixture in the center of the tomatoes, and serve with cream cheese sandwiches.

Tomato Cheese Salad

Select medium-sized perfect tomatoes. Remove the skins and chill. When ready to serve, cut each tomato to represent a flower, marinate fifteen minutes in French dressing, arrange on lettuce leaves or cress, dispose tiny balls of cream cheese in the center of each tomato and pass mayonnaise or boiled dressing.

Milady's Salad

6 slices tomato
¾ cupful diced canned pineapple
¾ cupful diced celery
Mayonnaise
Powdered parsley
Lettuce

Arrange the salads individually as follows, put a slice of tomato on a nest of lettuce leaves, combine the pineapple and celery with a little mayonnaise; put a spoonful of this mixture on each slice of tomato. Top with extra mayonnaise, sprinkle with the parsley, and serve very cold.

Tomato and Sardine Salad

Allow a tomato for each person; hollow them out and scallop the edges with a knife. Fill with a dressing made of equal parts of celery, green pepper and tart apples put together with mayonnaise. Arrange individually in nests of shredded lettuce, pour over a tablespoonful of French dressing to each serving and stand three sardines tent-fashion around each tomato.

Tomato Cream Salad

Allow a tomato to each person, hollow out and let stand in French dressing for half an hour in a cold place. Then fill with cucumber salad dressing, arrange on lettuce and stick tiny straws of cucumber into the cream.

Stuffed Tomato Salad

6 medium-sized firm tomatoes
¼ cupful minced lettuce stalks
½ cupful minced chicken
Mayonnaise
Lettuce

Peel the tomatoes. Remove a thin slice from the top of each, scoop out the centers, dust with salt and pepper, and invert the tomatoes in a cool place to drain. Fill these " cups " with a salad made of the chicken and lettuce stalks, moistened with mayonnaise, and arrange on plates for individual service. Garnish each with a spoonful of mayonnaise and a spring of parsley.

Spanish Tomato Salad

5 tomatoes
1 Bermuda onion
1 green pepper
Lettuce
California French dressing

Peel and chill the tomatoes. Slice the onion very thin crosswise, and shred the green pepper, after removing the seeds and core, and boil it two minutes. Drain and chill. Dress the crisped lettuce, arrange in a salad bowl; slice and dress the tomatoes, place upon the lettuce, and garnish with the onion and pepper.

Shamrock Salad

2 large green peppers
1 large cream cheese
¼ cupful chopped walnut meats
French or mayonnaise dressing
2 tablespoonfuls stuffed olives
2 tablespoonfuls cream
Salt and pepper
Lettuce

Remove the stem ends from the peppers and scrape out the seeds and cores. Let the peppers stand in cold, salted water for two hours, then drain and pack full of the cheese, nuts and olives creamed together and seasoned to taste, and moistened with the cream. Let stand to become very firm, then slice across in one-quarter inch pieces; pour over a little French dressing and serve two slices to each person on a nest of lettuce hearts. Garnish with radish roses, if convenient, and pass mayonnaise if desired.

Spinach Salad

Cook the spinach as usual, season well with salt, pepper, butter and a dash of nutmeg, and pack into cold, wet individual moulds. Chill, turn out on white lettuce leaves, and serve with a garnish of hard-cooked eggs and mayonnaise or boiled dressing.

Spring Salad

¾ cupful sliced scullions
1½ cupfuls sliced, cooked new beets
5 tablespoonfuls French dressing
1 bunch watercress

Dredge the scullions with salt and pepper and pour over 2 tablespoonfuls vinegar and add ½ tablespoonful of sugar. Let stand one hour in a cold place. Combine the beets with the French dressing, and add the scullions, drained. Let stand fifteen minutes; drain, toss the cress in this dressing and dispose the salad upon it.

Oyster-Plant or Salsify Salad

1 bunch salsify or oyster plant
1 cupful diced celery
6 sliced stuffed olives
½ teaspoonful salt
¼ cupful olive oil
2 tablespoonfuls vinegar
¼ tablespoonful onion juice
Few grains paprika
Any salad green

Scrub the oyster plant, and steam or boil it. Rub off the skin and cut the roots into inch lengths. Prepare a French dressing of the salt, oil, vinegar, onion juice and paprika. Marinate the oyster-plant and celery separately in it for twenty minutes; then combine, garnish with any salad green and bestrew with the olives.

Cow Pea or Soy Bean Salad

2½ cupfuls plain-cooked or cow peas, or soy beans
1 cupful diced celery, or shredded cabbage
French dressing
Watercress or romaine
Sliced tomato (optional)

Mix the legume and celery with the French dressing. Arrange on a bed of green and garnish with the sliced tomato.

Romaine, Celery and Pimento Salad

2½ cupfuls shredded celery
2 pimentoes
Romaine
French dressing

Shred the celery into match-shaped pieces, and let stand in cold, salted water for an hour to crisp. Drain thoroughly and add the pimentoes cut into small shreds. Mix thoroughly with the dressing, and serve on romaine.

Ribboned or Shredded Lettuce

Wash and drain lettuce leaves. Arrange as many as the hand will hold, one piled upon the other, and grasp them firmly in the left hand. With a long, sharp knife cut them across into shreds or ribbons one-quarter inch wide. Set aside on the ice, or in a tightly-closed pail to re-crisp.

Radish and New Onion Salad

3 Bermuda onions
2 bunches radishes
1 head lettuce
French dressing

Wash and crisp the lettuce; peel the onions; and slice half the radishes very thin. Marinate them separately in French dressing for thirty minutes. Then arrange the lettuce in a salad bowl, pour over the rest of the dressing and mix well with the radishes and onions. Garnish with radish roses made from the remaining radishes.

Red Cabbage and Celery Salad

3 cupfuls shredded red cabbage
1 tablespoonful chopped chives or Bermuda onion
2 cupfuls diced celery
Curry or French dressing

Let the cabbage and celery crisp separately in cold, salted water. Drain thoroughly, mix and toss with the dressing, garnish with celery tips or lettuce and serve immediately.

Plain Potato Salad

3 cupfuls thinly sliced and diced boiled potatoes
2 hard-cooked eggs
1 onion (medium sized) grated
1 cupful diced celery (optional)
1¼ teaspoonfuls salt
¼ teaspoonful pepper
5 tablespoonfuls olive oil
2 tablespoonfuls vinegar
Parsley

Chop the eggs and mix with the potato, celery, onion and seasonings. Then pour over the oil and toss it in. Add the vinegar, mix lightly and let stand to become very cold. Serve garnished with parsley.

Potato Salad (New York)

2½ cupfuls small cooked potato cubes
1 cucumber, pared and diced, or
1 cupful diced celery
2 hard-cooked eggs
Boiled salad dressing
Oil and vinegar
Lettuce
Salt and cayenne to taste

Dress the cucumber and potato separately with oil and vinegar, using 1½ tablespoonfuls of oil to ½ tablespoonful of vinegar. Let stand thirty minutes. Drain them thoroughly; dust with salt and cayenne pepper, and toss together with the eggs, chopped, and salad dressing to moisten thoroughly. Arrange on lettuce and garnish as desired with olives or pimento strips, and extra dressing.

Tomato Cream Salad

Tomato and Sardine Salad

Peanut and Potato Salad

- 3 cupfuls diced cooked potatoes
- 3 hard-cooked eggs
- 2 cupfuls diced celery or shredded cabbage
- 1 cupful peanut meats
- Parsley
- Lettuce
- French dressing
- Boiled dressing

Marinate the potato and celery in the French dressing, then mix half the peanut meats, chopped, with it, and a tablespoonful of minced parsley. Add a half teaspoonful of onion juice, if desired. Blend with the boiled dressing, arrange on lettuce leaves, and garnish with the parsley, egg and remaining nut meats.

Potato and Pimento Salad

- 3 cupfuls cooked, diced potato
- 2 hard-cooked eggs
- 4 tablespoonfuls minced pimentoes
- 1 tablespoonful minced onion
- Boiled dressing
- Lettuce, or
- Watercress

Separate the yolks from the whites of the eggs. Chop the whites, and add to the potatoes with three tablespoonfuls of the pimentoes and the onion. Sprinkle with salt and pepper, and moisten with the dressing, which should be hot. Set away to chill. Serve on lettuce, garnish with extra dressing, the rest of the pimentoes, and the egg yolks rubbed through a sieve.

Potato, Egg and Radish Salad

- 3 cupfuls warm, diced potatoes
- 3 hard-cooked eggs
- 1 cupful thinly-sliced radishes
- 3 tablespoonfuls olive oil
- 1 tablespoonful vinegar
- Salt and pepper to taste
- Boiled salad dressing
- Lettuce

Mix the oil and vinegar and a little salt and pepper with the potatoes, and let stand for at least half an hour. Reserve one egg yolk, but chop the balance finely and add to the potato, with the radishes. Moisten thoroughly with the cooked dressing, arrange on a bed of lettuce (shredded), pour a little extra dressing on the top and sift over the egg yolk as a garnish.

Brown Rice Salad

2 cupfuls boiled brown rice
1 cupful diced celery
1 minced green pepper
½ tablespoonful scraped onion
3 tablespoonfuls olive oil
1 tablespoonful vinegar
½ teaspoonful salt
⅛ teaspoonful pepper
Tomato catsup
Lettuce or cress

Mix together the salad ingredients and arrange on the lettuce. Pour over a little tomato catsup, and garnish further with parsley, if desired.

Brown Rice and Chicken Salad

Observe the proportions of ingredients as given for Brown Rice Salad. Add a cupful of diced chicken, and enough mayonnaise or boiled salad dressing to blend the salad. Arrange on lettuce and garnish with strips of pimento. Omit the catsup.

Brown Rice and Nut Salad

Observe the proportions as given for Brown Rice Salad, adding a cupful of broken English Walnut meats just before serving, together with mayonnaise or boiled salad dressing to blend. Omit the catsup.

Macaroni Salad

1¼ cupfuls macaroni, broken into pieces
1¼ cupfuls diced celery
15 stuffed olives, sliced
Mayonnaise or boiled dressing
Lettuce or cress

Boil the macaroni until tender, and cool it. Combine with the remaining ingredients, chill and serve on a bed of the salad green. Garnish with whole olives.

Macaroni and Ham Salad

Add three-fourths cupful of minced ham and a teaspoonful of onion juice to the preceding recipe for Macaroni Salad.

Macaroni Vegetarian Salad

1¼ cupfuls diced, cooked macaroni
1 cupful diced celery
½ cupful peas
¼ cupful minced carrots
3 hard-cooked eggs
2 diced tomatoes (peeled)
½ snappy cheese
Boiled dressing
Lettuce

Combine the macaroni, the vegetables (except the tomato), the cheese and two of the eggs, sliced. Mix lightly with boiled dressing to moisten; add the tomato just before serving. Serve on a bed of lettuce with a garnish of extra dressing, and the third egg sliced.

Poinsettia Salad

2 cans of whole string beans
1 head lettuce
Pimentoes
French dressing
Mayonnaise

Rinse the beans in cold water, then moisten well with the French dressing, and let stand an hour in a cold place. Shred the lettuce and make nests of it upon individual plates; dispose a mound of the beans upon it, and arrange a poinsettia flower on the top of each serving cut from a pimento. Form the centers of the flower with mayonnaise.

Los Angeles Salad

Cut the celery in thin inch strips, and simmer until tender in salted water containing a slice of onion and a bay leaf. Drain, chill and arrange on crisped cress, celery tips, or lettuce. Dress with French dressing. Serve with three tiny cream cheese balls, dusted with paprika, disposed about the edge.

Lettuce Salad, with Cheese and Pimento Dressing

1 head lettuce
2 tablespoonfuls vinegar
3 tablespoonfuls olive oil
3 tablespoonfuls minced pimentoes
½ Neufchatel cheese
¼ teaspoonful salt

Wash, drain and crisp the lettuce leaves. Beat together the vinegar, oil and salt, pour over the leaves and toss them together, then arrange on a large plate to simulate the original head. Sprinkle with the pimentoes, then sprinkle the cheese over it through a potato ricer, and serve immediately.

Lenten Salad

2 cupfuls shredded celery
½ cupful radishes, sliced
½ cupful broken walnut meats
Radish roses
2 hard-cooked eggs
Boiled or mayonnaise dressing
Lettuce

Shred the eggs; mix together the other ingredients, add the dressing and then the egg. Mix lightly, dispose on lettuce nests and garnish with additional dressing and radish roses.

Kidney Bean Salad

1 pint cooked kidney beans
1 tablespoonful vinegar
3 tablespoonfuls olive oil
½ teaspoonful salt
2 tablespoonfuls minced green pepper
1 tablespoonful minced chives
1 tablespoonful minced parsley
⅛ teaspoonful pepper
Lettuce or cress

Mix the ingredients thoroughly; let stand twenty minutes to marinate, and arrange on lettuce. Garnish with green peppers stuffed with cabbage salad, and with parsley and pimento strips.

Fresh Lima Bean Salad

1 quart cooked green lima beans
2 tablespoonfuls minced onion
4 tablespoonfuls minced green peppers
Sour milk salad dressing
Lettuce or cress

Mix the vegetables together, thoroughly, and add the dressing. Chill, arrange on lettuce and garnish with parsley, or additional pepper. If a very substantial dish is desired, a cupful of broken hickory nut or black walnut meats, or four chopped, hard-cooked eggs may be added; or a cupful and a half of any minced meat will make it sufficiently nourishing for the main dish at supper.

Field Salad

Romaine
Chicory
4 tablespoonfuls olive oil
2 tablespoonfuls vinegar
1½ cupfuls diced celery
1 green pepper, shredded
½ teaspoonful salt
⅛ teaspoonful pepper
Radish roses or ripe olives (optional)

Wash the romaine and chicory thoroughly, and let crisp. Remove the strings from the celery and cut in dice, then let stand thirty minutes in cold, salted water. Arrange in a salad bowl or on individual plates as follows: First the romaine leaves, then the chicory, plucked from the stems, and the celery and pepper last on top. Pour over French dressing made of the oil, vinegar and seasonings and garnish with the radish roses or olives.

Endive Ring Salad

6 green pepper rings
French endive
Roquefort dressing
Lettuce

Cut six green pepper rings. Clean the endive, cutting the stalks in quarters. Marinate thirty minutes in the dressing, slip in bundles through the rings, and serve garnished with the lettuce.

Dandelion and Bacon Salad

1 quart young dandelions
3 strips bacon, cubed
1½ tablespoonfuls vinegar
Few grains cayenne

Clean the greens thoroughly but do not disturb the shape. Plunge into boiling water, then at once into cold water. Let stand twenty minutes. In the meantime fry the bacon and to three tablespoonfuls of the hot fat add the vinegar and cayenne. Drain the dandelions, mix well with this dressing and garnish with the bacon.

Red Cabbage and Pepper Salad

1 handsome red cabbage
2 green peppers minced
Boiled salad dressing

Remove the center of the head of cabbage, reserving the shell for a cabbage bowl. Shred the center very fine, and place with the pepper in cold, salted water for an hour, changing the water three times. Wash the cabbage shell and wipe it dry. Drain and dry the cabbage and pepper, mix with the dressing and pile in the shell. The cabbage bowl should stand on a doily-covered plate in a nest of shredded lettuce.

Cabbage and Celery Slaw

3 cupfuls shredded cabbage
1½ cupfuls diced celery
1 teaspoonful onion juice
2 minced pimentoes
1 teaspoonful minced parsley
Uncooked sour cream dressing

Freshen both the cabbage and celery in cold water. Drain thoroughly, add the dressing, onion juice and pimentoes. Mix well. Serve at once.

Cabbage Salad or Cold Slaw

Shred the desired amount of cabbage fine. Let stand in cold, salted water till crisp — about two hours. Drain, dry well on a towel, and mix with French dressing. Serve garnished with any desired green.

Cucumber and Onion Salad

2 cucumbers
2 Bermuda onions
1 tablespoonful minced parsley
2 tablespoonfuls olive oil
1 tablespoonful vinegar
¼ teaspoonful salt
Few grains pepper
Lettuce

Slice the cucumbers and onions thin, and let stand separately in cold water to crisp. Mix together the parsley, olive oil, vinegar, salt and pepper, and beat well. Drain the vegetables, arrange on lettuce, pour over the dressing and serve at once.

Moulded Cowslip, Spinach, or Dandelion Salad

2 cupfuls cooked greens, chopped and seasoned with salt and pepper and a little butter
Boiled oil dressing, or
Plain boiled dressing
Lettuce

Pack the greens into timbale moulds, or egg cups, which have been rubbed lightly with a little olive oil. Chill. Unmould on individual plates; garnish with the lettuce leaves and pour over plain boiled dressing, or boiled oil salad dressing.

Note: Any kind of greens, such as beet tops, young turnip tops, radish tops, or any of the wild greens mentioned in the chapter on Edible Weeds may be used in this way, if boiled and seasoned.

Celery, Cheese and Green Pepper Salad

2½ cupfuls shredded celery
½ cupful shredded green peppers
3 tablespoonfuls olive oil
1½ tablespoonfuls vinegar
¼ teaspoonful salt
Few grains paprika
2 tablespoonfuls grated Parmesan cheese
Lettuce

Shred the celery and let stand in cold, salted water until curly. Remove the seeds and core from the peppers, and shred the peppers fine. Let stand in cold, salted water two hours. Make a French dressing of the oil, vinegar, salt and pepper. Drain the celery and peppers, add the dressing and dispose on crisp lettuce leaves. Sprinkle with the cheese and serve.

Celery, Nut and Pepper Salad

2½ cupfuls shredded celery
½ cupful broken walnut meats
French dressing
1 chopped green pepper or pimento
Lettuce or watercress
Boiled or mayonnaise dressing, if desired

Cut the celery in shreds and let stand an hour in cold salted water. Drain well, mix with the nut meats and pepper and toss with French dressing. Let stand ten minutes to become very cold, and serve on lettuce leaves. Pass mayonnaise or boiled dressing, if desired.

Celery, Nut and Cranberry Salad

1½ cupfuls shredded celery
1 cupful cranberries
½ cupful walnut meats
Salt
Lettuce
3 tablespoonfuls olive oil
1 tablespoonful vinegar
½ tablespoonful cranberry juice

Cook the cranberries in a little syrup made of equal parts of sugar and water. Leave the berries whole. Shred the celery in two-inch lengths, and let "curl" in cold water two hours. Make a French dressing of the oil, vinegar, cranberry juice and salt. Mix with the celery, arrange nests of the lettuce, pile the celery on each, strew with the cranberries, and sprinkle the nuts, chopped, over the tops.

Beet and Cabbage Salad

1 pint shredded cabbage
1 pint chopped cooked beets
Boiled dressing
Lettuce, cress or celery tips

Shred the cabbage and let stand in cold, salted water to crisp. Chop the beets. Drain and dry the cabbage, mix the two together, moisten with boiled dressing, and serve on a bed of the salad green. A few broken nut meats may be sprinkled on each serving, if desired, to reinforce the food value.

Asparagus Salad, Christmas Style

30 stalks cooked asparagus
6 hard-cooked egg rings
¼ teaspoonful salt
2 shredded pimentoes
3 tablespoonfuls olive oil
1 tablespoonful vinegar
Few grains cayenne
Heart leaves of lettuce
Few drops lemon juice

To make the egg rings, hard cook the eggs, cool, then cut in sections crosswise, about one-half inch wide. Only two rings can be obtained from one egg. Beat together the olive oil, vinegar, salt, pepper and onion juice, and pour over the asparagus. Let stand in a cold place for thirty minutes. Then arrange the stalks in bundles of five, slipping them through the egg rings and arranging on lettuce.

Garnish further with pimentoes, which should be shredded fine. Use the hard-cooked egg yolks for " Old-Time Cookies."

Asparagus Bundle Salad

30 stalks cooked asparagus
2 cupfuls shredded French endive or celery
Radish and French dressing
6 lemon peel rings
Watercress or tender radish leaves

Marinate the endive thirty minutes in French dressing. Slip five stalks of asparagus through each lemon ring, and let stand in the radish dressing thirty minutes. Arrange the endive on plates, put the asparagus on this, and pour the remaining radish dressing over each serving. Garnish with cress or tender radish leaves.

Asparagus Luncheon Salad

2 cupfuls cooked fresh or canned asparagus (diced)
2 cupfuls shredded lettuce
2 hard-cooked eggs
Boiled dressing
Lettuce leaves

Mix together the asparagus and shredded lettuce, with enough dressing to moisten thoroughly. Let chill, arrange on lettuce leaves, and garnish with the hard-cooked eggs and additional dressing.

FRUIT SALADS

Fruit salads, like those made of vegetables, are also limited only by the imagination. It is not necessary to have a cut and dried recipe to make salads of this type, for in any household the odds and ends of any raw or stewed fruits accumulate, and these may be used up in this delicious way, in the form of a sweet salad for luncheon or supper, or may be served with crackers and cheese as the dessert course at dinner.

It must be kept in mind in preparing salads of this type that there should be a certain per cent. of hard fruit introduced, such as apple, diced fresh pineapple, or, in some instances, a little diced celery. This gives substance to the salad and relieves the monotonous taste. The salad should also be slightly tart. To this end it is better to put it together with French fruit dressing which contains lemon juice. This is much better in a fruit salad than vinegar. If the fruit is very sweet it may be allowed to stand with a little plain lemon juice on it before arranging for the table. Plain honey salad dressing, honey cream dressing, boiled oil salad dressing, currant or cranberry jelly dressing, mayonnaise, and Bar le Duc dressing are all suitable for use on fruit salads.

Plain Fruit Salad

Pare oranges and separate into sections. Pare grapefruit and separate into "carpels" and shred pineapple into sections. Dress each one separately with French fruit salad dressing, and arrange them on lettuce leaves — a grapefruit section, an orange section, and a section or two of pineapple for each person. Decorate with shredded Maraschino cherries.

Hawaiian Salad

6 slices Hawaiian pineapple
1 cupful diced French endive
½ cupful halved and seeded Malaga grapes
Shredded lettuce

Arrange the pineapple on shredded lettuce. Marinate the grapes and endive in French fruit salad dressing, and put a spoonful on each slice of pineapple. Pour over more French dressing, let stand to become very cold, and serve with wafers or sweet sandwiches and coffee as a dessert.

Strawberry Salad

Wash and hull the berries, cut in halves lengthwise, and let stand thirty minutes in honey salad dressing in a cold place. Drain, arrange on lettuce leaves and serve at once.

Élite Fruit Salad

2 lettuce hearts
2 bananas, sliced
1 cupful Malaga grapes (halved and seeded)
2 tart apples, diced
½ cupful pecan nuts, chopped rather coarse
Mayonnaise or honey dressing

Shred the lettuce into pieces the size of a postage stamp. Peel and halve the grapes, removing the seeds; pare and cut the apples into small cubes. Combine and marinate thirty minutes in a dressing made of 2 tablespoonfuls olive oil and one tablespoonful lemon juice. Add the nuts and bananas, drain, and garnish on individual plates with tiny lettuce leaves, disposing a spoonful of dressing on each serving.

Date and Apple Salad

1 cupful stoned and quartered dates
2 cupfuls diced tart apple pulp
½ cupful English or black walnuts or peanut meats
Few grains salt
1½ tablespoonfuls lemon juice
3 tablespoonfuls olive oil
1 tablesponful powdered sugar
Lettuce

Mix together the oil, lemon juice, sugar and salt till thoroughly emulsified. Pour over the dates and apples separately. Let stand thirty minutes in a cold place to season, then toss together, arrange on lettuce leaves, and sprinkle with the nuts, which should be chopped.

Cherry and Nut Salad

½ can, or 1 pint, fresh cherries
Lettuce
Shelled peanuts (small), or filberts
Mayonnaise or boiled oil dressing

Stone the cherries, and replace the pits with the nut meats. Arrange on lettuce leaves and serve with the desired dressing.

Rhubarb and Canned Pear Salad

2 cupfuls diced rhubarb
½ cupful sugar
6 halves canned pears
1 teaspoonful sugar
Lettuce
6 tablespoonfuls chopped candied ginger
3 tablespoonfuls olive oil
1 tablespoonful lemon juice
Few grains salt

Put the rhubarb and a half cupful of sugar together in a casserole and bake until tender, but not broken. Make a French dressing of the oil, sugar, lemon juice and salt, mixing it thoroughly. Arrange the rhubarb on the lettuce, and pour over a little dressing; set a whole pear-half on this, add more dressing, and sprinkle with the ginger.

Prune and Tangerine Salad

30 sections of tangerine oranges
18 prunes
Orange juice
Walnut meats
French fruit salad dressing
Lettuce, parsley or celery tips

Soak the prunes for two hours in a little orange juice; then remove the stones, replacing them with walnut meats. Pour French dressing over the orange sections and let stand for thirty minutes. Drain; arrange individually on salad plates, and pile the prunes in the center. Pour over the drained French dressing and garnish with the desired salad green.

Alligator Pear Salad

This may be made in a variety of ways, but it is always necessary to use French dressing, well-seasoned, and a dusting of cayenne or paprika. The fruit may be cut in halves lengthwise, the flesh scooped out and mixed with a third the quantity of minced cress, or minced chives, some sliced radishes, diced beets, cubed cucumbers, etc.

Or it may be made into a sweet salad. In this case use French fruit dressing and a dusting of sugar and a little cinnamon. Serve this with whole wheat bread and butter sandwiches, or omit the cinnamon and accompany the salad with cinnamon toast.

Fresh Pineapple Salad

Remove the skin and eyes from a pineapple. Chip the pulp into thin, small slices, dress with honey dressing, and let stand thirty minutes. Serve on lettuce leaves.

Pineapple Salad, Pullman Style

4 slices canned pineapple
½ a snappy cheese
1 head lettuce
12 small pimento strips
French dressing

Arrange the lettuce in a deep salad bowl. Tuck the pineapple (diced) and pimento between the leaves, dot with the cheese, crumbled, pour over the French dressing, and serve after mixing at the table with a salad spoon and fork.

Porcupine Salad

6 whole canned pears
1 cupful browned and shredded almonds
12 large whole cloves
4 tablespoonfuls olive oil
1 tablespoonful lemon juice
2 tablespoonfuls grapefruit juice
Few grains salt
Few grains pepper
Lettuce

Drain the pears and stick in two cloves at the small ends to represent eyes. Place the pears in a dish, and marinate in a French dressing made of the oil, lemon and grapefruit juices with seasonings. After thirty minutes stick the shredded almonds in each pear to represent quills, and serve on lettuce.

Kumquat and Pear Salad

6 pear halves
12 kumquats
Cream cheese balls
Powdered mint
Bar le Duc dressing
Lettuce
French dressing

Marinate the halves of pears thirty minutes in Bar le Duc dressing and the kumquats (cut in quarters lengthwise) the same time in the French dressing. Arrange the pear halves individually on plates containing lettuce, with the kumquats radiating like flower petals. Pour the balance of the Bar le Duc dressing over the pears, and place three tiny cream cheese balls rolled in powdered mint in the hollow of each pear.

Harvest Salad

3 large russet pears
1½ cupfuls celery straws
3 tablespoonfuls Canton ginger cut in bits
6 tablespoonfuls Malaga grapes, quartered
1 teaspoonful powdered sugar
3 tablespoonfuls chopped pistachio nuts
4 tablespoonfuls olive oil
2 tablespoonfuls lemon juice
Few grains salt
Curly lettuce

Let the celery strips stand two hours in cold, salted water to curl. Peel the pears, cut in halves and remove the cores. Mix together the ginger and grapes with a little mayonnaise, and fill the cavities of the pears. Arrange individually,— making a nest of celery on some lettuce leaves, placing a half pear in the center and sprinkling with nutmeats. Marinate in a dressing made of the oil, lemon juice, salt and powdered sugar. Let stand a few minutes to season, and serve very cold.

Grapefruit Salad

French dressing
3 large grapefruit
2 green peppers
Lettuce

Pare the grapefruit and cut out the carpels. Cut these in three pieces each, and let stand closely covered, for ten minutes with the French dressing seasoned with paprika. In the meantime, remove the seeds and core from the peppers and shred them fine. Boil one minute, drain and chill. Arrange the grapefruit on lettuce leaves, strew with the peppers and serve very cold.

Canned Pear and Orange Salad

1½ cupfuls diced canned pears
3 oranges, separated into sections
Currant and French fruit dressings
Lettuce

Marinate the pears thirty minutes in the currant dressing; let the oranges stand an equal length of time in the French dressing. Then arrange the orange sections on a bed of lettuce, with the pears in the center.

Canned Peach and Nut Salad

Select a large half peach for each person. Let stand thirty minutes in a little French fruit dressing; drain and fill the center with chopped figs, dates or prunes mixed with a little cream. Sprinkle with chopped cashew nuts, place on lettuce leaves and serve.

Chrysanthemum Salad

6 small oranges
3 tablespoonfuls minced mint or parsley leaves
8 tablespoonfuls minced celery
2 tablespoonfuls minced pimentoes
4 tablespoonfuls olive oil
1 tablespoonful lemon juice
Few grains salt
Mayonnaise or boiled oil dressing
Lettuce

Peel the oranges and scrape off the outside membrane; then cut through the sections to the center, separating them from the tough skin, but cutting only to within an inch of the bottom, so that the sections will hang together. Cut out the separated membranes with the scissors, and let the oranges stand twenty minutes in a dressing made of the olive oil, lemon juice and salt. Then drain and fill the centers with the minced celery and pimentoes, mixed with the dressing. Arrange individually on lettuce leaves, and strew the mint or parsley sparingly over the center and out on " the petals."

Albany Salad

1 can of tangerines, or
1 cupful tangerine sections
1 can Muscat grapes, or
1 cupful seeded and peeled Muscats or Malagas
½ cupful diced French endive
Lettuce
Cress
Honey salad dressing
1 dozen English violets

Combine the tangerines, grapes and endive; toss in the honey dressing. Arrange on a bed of lettuce, border with lettuce and cress, bestrew with violet petals, and garnish with whole violets.

Cranberry Fruit Salad

Allow one-half a banana, two orange sections, and a few seeded and halved Malaga grapes to each person. Peel the bananas, cut in halves, and then in thin slices crosswise. Set these pieces, slightly separated, on a bed of shredded lettuce. Place the orange sections on one side and the grapes on the other, after marinating well in plain French dressing, and pour cranberry salad dressing over the banana. Serve very cold.

Banana Ball Salad

Bananas
Chopped peanuts
Mayonnaise
Lettuce

With a French vegetable cutter, cut balls from the peeled bananas, allowing six to a person. Roll these in the mayonnaise, then in the peanuts, and serve on lettuce. Use the remaining banana pulp for a Banana Bavarian Cream, or custard.

Black Susan Salad

Separate oranges into sections, allowing half a large fruit to a person. Cut figs into dice, mix with an equal quantity of chopped celery, and moisten slightly with French fruit salad dressing. Marinate the orange carpels with this dressing, then put them on individual plates, arranging them like black-eyed Susan petals.

Form the centers of the fig mixture, and garnish the salad with tips of celery.

Banana Boat Salad

Allow a banana for each person. Remove the top to give the outlines of a boat, and scoop out the pulp with a French potato cutter. Mix with an equal quantity of diced canned pineapple, dress with mayonnaise and garnish with banana balls, rolled in shredded candied pineapple, and garnish with lettuce leaves and parsley; finish with a tiny American flag at the " stern."

Apple, Celery and Raisin Salad

2 cupfuls diced, tart apples
1 cupful diced celery
½ cupful raisins
Few grains salt
¼ cupful olive oil
2 tablespoonfuls lemon juice
1 teaspoonful powdered sugar
Celery or cress leaves

Stew the raisins in a little water. Mix together the oil, salt, lemon juice, sugar, and a tablespoonful of the raisin juice, beating well. Marinate the apple, celery and raisins in it for thirty minutes, then serve, garnished with the green.

Waldorf Salad

Large rosy apples
Celery
Walnut meats
Mayonnaise or boiled oil dressing
Lettuce

Form the apples into cups by cutting off the tops and scooping out the pulp with a pointed spoon. Drop the cups into water as soon as made to prevent discoloration, and cut the removed apple pulp into cubes. Add an equal quantity of diced celery, and a fourth the quantity of broken walnut meats. Mix with the salad dressing and pile in the cups. Serve individually, each cup set on a lettuce leaf. Garnish the top of each cup with a sprig of parsley and additional dressing.

Autumn Salad

1½ cupfuls sliced oranges
¾ cupful chestnuts measured before blanching
½ cupful large seeded raisins
2 tablespoonfuls lemon juice
4 tablespoonfuls olive oil
Few grains salt
Endive or lettuce

Blanch the chestnuts, chill and slice them. Soak the raisins thirty minutes in cold water to cover, then boil five minutes. Slice the oranges, carefully removing the membrane, and then combine the three ingredients. Marinate in a dressing made of the salt, oil and lemon juice, and serve on a bed of the salad green.

May Salad

2 cupfuls pineapple flowerets
Sections of two oranges
2 bananas cut crosswise
1¼ cupfuls halved strawberries
French fruit dressing
Cream honey dressing

Prepare a bed of lettuce leaves and arrange the salad as follows: The pineapple in the center, then a ring of cut strawberry, a ring of banana sections, overlapping, and points of orange. Pass cream honey dressing.

Frozen Fruit Mayonnaise

1 cupful mayonnaise dressing
1 cupful heavy whipped cream
2½ cupfuls mixed fresh and candied fruits, such as Maraschino cherries, candied pineapple, oranges, sliced peaches, stoned cherries, etc.
1 teaspoonful powdered sugar
1 teaspoonful gelatine
Lettuce hearts
Parsley

Cover the gelatine with cold water and then set it over steam, then beat it into the mayonnaise. Combine the mixture with the whipped cream, stir in the fruit and pour into a mould which has been rinsed with cold water. Seal carefully, and bury in equal parts of ice and salt for four hours. Serve garnished with the lettuce hearts and parsley.

Cheese and Nut Ball Salad

1 cupful Neufchatel, cream or cottage cheese
½ cupful chopped stuffed olives
3 tablespoonfuls cream
Few grains paprika
½ cupful English walnut meats, chopped
French dressing
Watercress

Mix well, form into balls with butter paddles, and serve with French dressing on cress.

MEAT SALADS

Ham and Lettuce Salad

1 cupful minced ham
3 tablespoonfuls olive oil
1 chopped hard-cooked egg
¾ tablespoonful vinegar
Few grains each salt, pepper and mustard
1 small head ribboned lettuce

Toss together till well-blended and serve with hot buttered toast.

Chicken Salad

2½ cupfuls diced cooked chicken
1 cupful diced celery
2 tablespoonfuls olive oil
1 tablespoonful vinegar
Salt and pepper to taste
Mayonnaise or boiled oil dressing
Garnishings
Lettuce

Toss together the celery, chicken, olive oil, vinegar, salt and pepper, and let stand thirty minutes in a cold place, then add enough mayonnaise to bind the mixture. Arrange on a bed of lettuce, spread a little mayonnaise on the top and decorate with stuffed olives, strips of pimento, bits of capers, radish roses, parsley, or any other desired garnish.

Chicken Salad, Individual Service

Prepare chicken salad according to the preceding recipe and arrange for individual service in ramekins, each containing a small heart-leaf of lettuce.

Chicken Salad, Garden Style

2 cupfuls diced chicken
1 cupful cooked string beans
2 tablespoonfuls olive oil
Mayonnaise or boiled oil dressing
2 hard-cooked eggs
1 tablespoonful vinegar
Lettuce, romaine or cress

Chop the eggs fine, add to the chicken and beans, and pour on the oil. Toss well, add the vinegar and a little salt, and let stand half an hour to season; then bind with the dressing and serve on a bed of the desired salad green.

Manhattan Salad

1½ cupfuls diced cooked chicken
1 cupful diced celery
½ cupful diced canned pineapple
Mayonnaise and French dressings
Lettuce
Ripe olives

Combine the first three ingredients with a little French dressing to moisten, add mayonnaise to bind together, arrange on lettuce and garnish with the ripe olives.

Salad of Duck, Celery and Peas

2½ cupfuls diced cooked duck
1 cupful diced celery
1 cupful diced cooked pears
Boiled salad dressing
½ teaspoonful Worcestershire
2 tablespoonfuls olive oil
1 tablespoonful vinegar
Salt and pepper
Lettuce

Mix together the duck, celery and peas; pour over the oil, vinegar and Worcestershire, add a little salt and pepper, and toss until all is absorbed. Let stand twenty minutes in a cold place, then moisten well with the boiled dressing, and serve on lettuce, cress, or garnish with celery tips.

Lamb Salad with Asparagus

2 cupfuls cold cooked lamb, diced
1 cupful diced celery
¾ cupful asparagus, diced
⅛ teaspoonful pepper
⅛ teaspoonful curry powder
2 hard-cooked eggs
2 tablespoonfuls olive oil
1 tablespoonful vinegar
½ teaspoonful salt
Asparagus tips
Celery tips
Mayonnaise or cream dressing to moisten

Mix together the lamb, celery and asparagus. Add the pepper, curry and salt to the olive oil and vinegar, beat well, and turn into the salad. Moisten with cream dressing, arrange on a platter, and garnish with hard-cooked eggs, asparagus tips and celery leaves.

Turban Salad

6 very small turban squashes
1 cupful diced cooked string beans, chicken and celery, mixed
Mayonnaise and French dressings
Watercress, romaine, or lettuce

Boil the squash gently until tender in slightly salted water, drain and hollow to form cups. Pour on French dressing and let stand one hour to chill. Mix the beans, chicken and celery with the mayonnaise, fill the cavities and serve individually, garnished with the desired salad green. Pass cheese crackers, or crackers and cream cheese balls.

Tongue and Green Pea Salad

2 cupfuls cold tongue, diced
1 pint green peas (cooked)
¼ teaspoonful Worcestershire sauce
2 tablespoonfuls oil
1 tablespoonful vinegar
⅛ teaspoonful curry powder
½ teaspoonful salt
⅛ teaspoonful pepper
2 hard-cooked eggs
Boiled or mayonnaise dressing
Lettuce

Mix together the tongue and peas. Add the Worcestershire, oil, curry, salt and pepper and toss together. Add the vinegar, mix, and add enough dressing to make moist. Arrange on lettuce, "mask" with dressing, and garnish with hard-cooked eggs.

Veal and Egg Salad

2 cupfuls cooked, diced veal
1 cupful diced celery or cabbage
4 hard-cooked eggs
Few grains pepper
½ teaspoonful salt
1 teaspoonful grated horseradish
4 tablespoonfuls olive oil
1½ tablespoonfuls vinegar
Lettuce
Boiled salad dressing

Chop the eggs rather coarse and combine one-half of them with the veal; add the celery, horseradish and seasonings, sprinkle with the oil, tossing until it is absorbed, then add the vinegar, mixing well. Let stand thirty minutes. Moisten well with dressing and arrange on lettuce. Cover with more dressing and sprinkle with the balance of the egg.

FISH SALADS

Bluefish Salad

1 pint bluefish, flaked
Salt and pepper
2 tablespoonfuls lemon juice
Cucumber slices or cups
Boiled dressing
Lettuce

Separate the remnants of a baked or broiled bluefish into flakes, being careful to discard all skin and bones. Season well with salt and pepper, adding lemon juice to taste, and moisten thoroughly with boiled dressing.

Serve on lettuce or cress, and garnish with sliced cucumber, or serve in cucumber cups on lettuce hearts, and garnish with figures cut from red peppers or beets.

Codfish Salad

1 pound salt codfish
½ cupful thinly-sliced stuffed olives
1 cupful finely-diced celery
1 teaspoonful minced parsley
Boiled dressing
¼ teaspoonful Worcestershire sauce
3 tablespoonfuls olive oil
1 tablespoonful vinegar
Few grains pepper
Lettuce

Freshen the codfish over night, flake it into bits and cook gently for thirty minutes. Cool, add the olives, celery, parsley, seasonings, oil and vinegar and let stand an hour to marinate. Then toss together with boiled dressing. Arrange on lettuce, and garnish with sliced olives.

Halibut Salad

3 cupfuls boiled, flaked halibut
1 cupful finely-shaved cabbage
1 minced green pepper
Sour milk salad dressing
Watercress

Dress the cabbage with French dressing, add it to the fish with enough sour milk dressing to moisten, and toss lightly. Arrange in a wreath of cress sprays, studded with radish roses, pour a little extra dressing over the fish, and sprinkle with the pepper.

Herring and Potato Salad

1 cupful herring cut in dice
3 cupfuls diced potato
1 teaspoonful onion juice
2 tablespoonfuls minced green peppers
4 tablespoonfuls olive oil
3 tablespoonfuls vinegar
Few grains paprika
Few grains salt
Dressed shredded cabbage

Make a French dressing of the oil, vinegar, paprika and salt, and marinate the herring and potato separately in it for an hour. Then combine, pile upon a platter, and serve surrounded with shredded cabbage combined with French dressing. Sprinkle with the peppers, and garnish with whole herring.

Lobster Salad

3 cupfuls cold boiled lobster, diced
1 cupful diced celery
2 tablespoonfuls olive oil
1 tablespoonful vinegar
Salt and pepper
Mayonnaise
Lettuce

Mix together the lobster, celery, oil and vinegar, and then add mayonnaise to moisten. Chill, arrange on lettuce leaves and garnish with mayonnaise; dust with powdered parsley.

Lobster Salad in Scallop Shells

Prepare Lobster Salad according to the preceding recipe. Fill small scallop shells with the mixture, pour a little mayonnaise over the top, and garnish with capers, figures cut from pimentoes and parsley.

Lobster Mousse

2 cupfuls pounded cooked lobster meat
2 teaspoonfuls mayonnaise dressing
1 cupful heavy cream
2 tablespoonfuls granulated gelatine
Few grains salt and pepper
3 cupfuls cooked oyster plant
Additional mayonnaise
Lettuce

Soften the gelatine in water to cover; then melt it over steam. Add the seasoning and mayonnaise to the lobster and fold in the cream and gelatine. Pour into a border mould and chill. Unmould on lettuce leaves and fill the center with the oyster plant, mixed lightly with French dressing. Serve with additional mayonnaise.

Crab meat, salmon, or tuna fish may be substituted for the lobster. In the two last cases one-half tablespoonful lemon juice should be added to the mixture.

Oyster Salad

1 quart oysters
2 hard-cooked eggs
½ cupful minced celery
1 tablespoonful chopped olives or pickles
2 tablespoonfuls green peppers or pimentoes
French dressing to marinate
Mayonnaise
Lettuce

Wash the oysters and steam them till the edges curl. Cut into small pieces, rejecting muscles, add the chopped egg whites and other ingredients, and marinate one-half hour in French dressing. Moisten with mayonnaise, arrange on lettuce leaves, and garnish with the riced yolk of egg and mayonnaise.

Roe Salad

2 cupfuls shad roe, cooked and diced
1 cupful cucumber cubes
French dressing
½ cupful cut stuffed olives
Mayonnaise
Lettuce

Cut shad roe, after cooking, into dice. Let the cucumbers crisp in cold water, then drain, mix with the shad roe, and marinate thirty minutes in French dressing. Moisten with mayonnaise, dispose on lettuce leaves, and garnish with mayonnaise and the olives sliced.

Stuffed-Pepper Salad

6 large sweet peppers
1½ cupfuls any flaked cooked fish
Boiled oil or mayonnaise dressing
Lettuce or dandelions

Cut off the pepper tops; scoop out the seeds and let the shells stand thirty minutes in cold, salted water. Moisten the fish with the dressing, drain the peppers, fill the shells with the salad mixture, and arrange on the green.

Shrimp Salad

2 cans shrimps, or
1 pint cooked shrimps
¾ cupful diced celery
⅓ cupful stuffed olives
French dressing
Cress or lettuce
Boiled oil or mayonnaise dressing

Dice the shrimps and let stand thirty minutes with a little French dressing poured over them. Then add the celery and olives. Bind with the boiled oil or mayonnaise dressing, and arrange in a border of the salad greens. Garnish with extra dressing and a few halved stuffed olives if convenient.

Salmon and Green Pea Salad

2 cupfuls fresh or canned salmon
1 cupful cooked green peas
½ cupful shredded cabbage or celery
Boiled salad dressing
Lettuce or cress

Flake the fish with a fork. Add the peas and cabbage well-crisped and ample dressing to moisten. Let stand fifteen minutes to season in a cold place, arrange on a bed of the green, pour salad dressing over the top and sprinkle with a few extra peas as a garnish.

Salmon Salad, Tolland

2 cupfuls flaked salmon
½ cupful chopped stuffed olives
1 cupful minced celery or cabbage
French dressing
Sour milk salad dressing
Lettuce or cress.

Crisp the celery or cabbage in cold water. If canned salmon is used, rinse it with boiling water. Mix together the fish, olives and celery, and marinate with French dressing one-half hour. Then mix with it dressing to moisten and arrange on lettuce with a garnish of extra dressing.

Sardine Salad (Individual)

Arrange nests of shredded lettuce or sprigs of cress on individual plates. Lay in them three sardines for each person. Pour over Italian dressing, and garnish further with a sprig of parsley.

To make the salad "go farther" place a spoonful of cold slaw, made either with French dressing or boiled dressing, in each nest before laying on the sardines, and then finish as directed.

Lettuce Salad with Anchovy Dressing

1 hard head of lettuce
2 anchovies
1 hard-cooked egg yolk
1 clove garlic (optional)
4 tablespoonfuls olive oil
2 tablespoonfuls vinegar
Paprika and salt

Arrange the lettuce in a salad bowl and pour over the dressing made as follows: Wash, dry and bone the anchovies, rub them smooth with the garlic and the egg yolk, mix with the vinegar, then with the oil, and add a little salt and paprika. Sardines may be substituted for the anchovies.

Tuna Fish Salad

1 pint tuna fish, flaked
1 cupful diced celery
¼ cupful sliced stuffed olives
Oil
Vinegar
Lettuce
Boiled dressing

Pour a tablespoonful of oil and a half tablespoonful of vinegar over the fish. Let stand thirty minutes, then mix with the celery, moisten thoroughly with boiled dressing, and arrange on the lettuce. Pour a little extra dressing over the top, and sprinkle with the olives.

Tomato Salad à *la* Crab Flakes

6 firm tomatoes
1 cupful crab flakes
1 tablespoonful minced parsley
3 hard-cooked eggs
6 sprigs cress
Lettuce hearts
Mayonnaise

Remove the tomato skins. Scoop out the centers, forming cups, and dust with salt and pepper. Remove all shell from the crab flakes and toss lightly with one-half the parsley and mayonnaise. Re-fill the tomato cups with this mixture, place a spoonful of mayonnaise on top of each, put the hard-cooked egg yolks through a potato ricer and sprinkle on generously. Garnish further with the cress, and set on crisp lettuce leaves dipped in French dressing.

"Roll Mop" Salad

6 strips of spiced pickled herring
3 hard-cooked eggs
2 tablespoonfuls minced green peppers or pimentoes
Mayonnaise or sour milk salad dressing
Lettuce or cress

Chop the eggs, add the peppers and salad dressing barely to moisten. Form into six rolls as long as the herring is wide, and roll the herring around them. Arrange individually or on a platter in cups made of lettuce leaves, and garnish each portion with a little dressing. If desired, these may be arranged on a bed of shredded cabbage, mixed with French dressing, and garnished with parsley.

EGG SALADS

Egg and Tomato Salad

3 hard-cooked eggs
6 medium-sized tomatoes
2 tablespoonfuls minced green pepper (if convenient)
French dressing
Boiled salad dressing
Lettuce

Cut the tomatoes into sixths, to within a half inch of the bottom. Pour over French dressing and let stand thirty minutes to season. Then fill the centers with the egg, chopped (reserving one yolk) and mixed with the salad dressing. Arrange on lettuce nests, pour over the French dressing that has drained off, and garnish each tomato with the egg yolk, riced, and the green pepper.

Stuffed Egg Salad

6 hard-cooked eggs
1 tablespoonful melted butter
1 tablespoonful tomato catsup
Salt and pepper to taste
¼ cupful chopped stuffed olives
Boiled oil dressing
Lettuce

Cut the eggs lengthwise in halves. Remove the yolks, mix with the seasonings and re-pack. Press the halves together, and arrange in nests of crisp lettuce. Pour two tablespoonfuls of cooked dressing over each egg, and French dressing over the lettuce. Sprinkle with the olives.

Green Pepper and Egg Salad

4 hard-cooked eggs
1 cupful diced celery
2 green peppers
Lettuce
Cream salad dressing

Separate the whites of the eggs from the yolks, and chop them. Let the celery stand in cold, salted water, till crisp. Remove the seeds and cores and chop the peppers fine. Put into cold water, bring to boiling point and boil one minute, then drain. Mix the egg, celery and pepper together, bind with dressing, and dispose on lettuce leaves. Garnish with the egg yolks put through a potato ricer.

Stuffed Egg and Pimento Salad

6 hard-cooked eggs
1 tablespoonful tomato catsup
1 tablespoonful flaked sardines
1 tablespoonful melted butter
Salt and pepper to taste
2 chopped pimentoes, well-drained
½ cupful tart lemon jelly
Lettuce
Mayonnaise dressing
3 tablespoonfuls finely-minced parsley

Cut the eggs in halves lengthwise, and remove the yolks. Mash them and mix in the catsup, butter, sardines and salt and pepper. Re-fill the whites of the eggs, and press them together, and dip in the lemon jelly, which should contain twice as much gelatine as usual. When the gelatine has commenced to stiffen, dust the eggs with the chopped pimento and a little finely-minced parsley. Serve in nests of lettuce with mayonnaise dressing.

Egg Salad, Plain

6 hard-cooked eggs
Ribboned lettuce
Paprika
Boiled salad dressing or mayonnaise

Cut the eggs in quarters, lengthwise, and arrange individually in the shape of a Maltese Cross on beds of ribboned lettuce. Put a spoonful of the dressing in the center and dust with paprika.

JELLIED SALADS

Jellied May Fruit Salad

6 slices canned pineapple
1 cupful mixed small strawberries, bits of orange pulp and other seasonable fruits
1 cupful boiling water
⅓ cupful sugar
Juice of one lemon
1¼ tablespoonfuls gelatine
Lettuce
Mayonnaise or honey salad dressing

Make a gelatine mixture of the lemon juice, boiling water, sugar and gelatine. Arrange the fruit in individual moulds, rubbed lightly with olive oil, pour over the gelatine mixture, and let set. Unmould on the sliced pineapple, and garnish with the lettuce and dressing.

Jellied Tomato Salad or Tomato Aspic

2 cupfuls tomato juice
1 tablespoonful minced onion
Bit bay leaf
½ teaspoonful salt
1 tablespoonful vinegar
1 tablespoonful granulated gelatine
Few celery leaves
1 clove
Few grains paprika
Mayonnaise or boiled dressing

Soak the gelatine in one-quarter cupful cold water. Put together all the other ingredients and simmer ten minutes. Add the gelatine, stir until dissolved and strain into moulds rubbed lightly with olive oil. Serve plain on lettuce with the dressing, or in combination with cabbage, celery and nuts, or cucumber cubes.

Jellied Ham, Celery and Tomato Salad

1 pint tomato aspic
¾ cupful diced celery
1 minced green pepper
¾ cupful diced ham
Mayonnaise or boiled dressing
Lettuce

Prepare the mixture for jellied tomato salad, or half the mixture for tomato bouillon, adding to a pint of the latter, boiling hot, a level tablespoonful of granulated gelatine, softened in cold water to cover. Let this mixture stand until it begins to congeal, then stir in the celery, ham and pepper. Pour into moulds lightly rubbed with olive oil and let stiffen. Unmould and serve with a garnish of lettuce and mayonnaise or boiled dressing.

Tomato Tapioca Salad

To one quart of boiling tomato bouillon add a scant cupful of quick-cooking tapioca. Boil gently until the tapioca looks clear — about fifteen minutes. Pour into small moulds which have been rubbed lightly with olive oil and let stiffen. Unmould and serve with a garnish of cress and boiled oil dressing. If desired, ground nut meats and a little diced celery may be added to this salad just before it is poured into the moulds.

Pimento Jelly Salad

1 tablespoonful granulated gelatine
¼ cupful cold water
¼ cupful weak vinegar
1 cupful boiling water
½ teaspoonful salt
½ cupful cabbage, shredded fine
3 tablespoonfuls sugar
1 cupful diced celery
2 pimentoes cut fine
½ tablespoonful lemon juice

Soak the gelatine in the water five minutes, then add the vinegar, lemon juice, boiling water, sugar and salt. Strain, and, when beginning to set, add the remaining ingredients. Let set again, chill and serve on lettuce or cress with mayonnaise. Individual ring moulds may be used for Christmas serving, with a star of mayonnaise outlined in each ring of jelly.

Jellied Fruit Salad

½ cupful diced figs
½ cupful diced oranges
½ cupful diced celery
½ cupful diced apples
½ cupful boiling water
Few grains salt
1 tablespoonful lemon juice
½ cupful grape juice
½ tablespoonful sugar
½ tablespoonful gelatine dissolved in 2 tablespoonfuls of water
Lettuce
Mayonnaise or boiled oil dressing

Make a gelatine mixture of the water, lemon juice, grape juice, sugar and gelatine. Let stand till partly set, then stir in the fruit and transfer to individual moulds, rubbed lightly with olive oil. Turn out on the lettuce and serve with mayonnaise or a bland boiled dressing.

Cranberry Jelly Salad

6 tiny individual moulds of cranberry jelly
6 rounds canned pineapple
Halved and seeded Malaga grapes
Parsley
Mayonnaise or cream honey dressing

Prepare a French dressing and marinate the pineapple and grapes separately in it for fifteen minutes. Then place a pineapple slice on each individual plate, turn a mould of the jelly onto it, arrange the grapes about the edge and pour over any remaining dressing. Garnish with parsley sprigs and pass the mayonnaise.

Cucumber Jelly Salad

2 cucumbers peeled and sliced
¼ teaspoonful onion juice
¾ teaspoonful salt
Few grains pepper
2 cupfuls water
1¼ tablespoonfuls gelatine dissolved in
2 tablespoonfuls cold water
2 tablespoonfuls vinegar
1 teaspoonful sugar
Spinach green (optional)
1 fresh cucumber, cubed
Mayonnaise or boiled oil dressing

Simmer the cucumbers in the water until soft. Add the seasonings and gelatine and strain. Color, if desired, with spinach green, and let partially set. When beginning to congeal, stir in the diced cucumber, and pour into individual moulds rubbed lightly with olive oil. Let stiffen and serve upon lettuce, with mayonnaise.

Celery and Fruit Jelly Salad

¾ cupful diced oranges
¾ cupful diced celery
¾ cupful diced apples
¾ cupful seeded Malaga grapes
1 cupful boiling water
2 tablespoonfuls lemon juice
1 tablespoonful ginger ale
¾ tablespoonful sugar
½ tablespoonful gelatine dissolved in
2 tablespoonfuls water

Make a gelatine mixture of the last five ingredients, add the fruit, and pour into individual moulds, rubbed lightly with olive oil, to stiffen. Serve on heart leaves of lettuce with mayonnaise.

Jellied Chicken Salad

3 cupfuls bits cooked chicken
1½ cupfuls chicken broth (well seasoned)
1 tablespoonful gelatine soaked in water to cover
1 teaspoonful lemon juice
¼ teaspoonful onion juice
½ cupful string beans
½ cupful peas
½ cupful lima beans
Lettuce
Mayonnaise
Capers

Combine the seasonings with the broth, heat it, add the gelatine and the chicken. Mould in cups rubbed lightly with olive oil and serve on a mixture of the vegetables, with a garnish of lettuce, mayonnaise and capers.

Jellied Crab Meat or Salmon Salad

2 cupfuls minced crab meat or salmon
1 cupful chicken or veal stock
1 tablespoonful granulated gelatine
½ cupful boiled salad dressing
Salt, pepper and lemon juice to taste
4 green peppers
Lettuce

Select green peppers of even shape. Remove the tops, and scoop out the cores and seeds. Let the gelatine stand in a little cold stock, then add the cup of stock heated to boiling point, the seasonings, and turn in the crab meat. Fill the peppers, packing the mixture in well and let stiffen. For serving, cut in slices, arrange on lettuce, and place a cross of pimento strips on each side.

CHAPTER XVIII

SANDWICHES

ALL MEASUREMENTS ARE LEVEL

Sandwiches deserve to be more generally used than as mere adjuncts to the luncheon or picnic basket or accessories to afternoon tea. Made of wholesome bread, spread with delicious butter, and filled with savory meat, cheese or nuts, the sandwich affords a perfectly balanced meal in itself.

To this end sandwiches may be divided into four classes:

First: The open sandwich or canape, which has been treated in the chapter on Appetizers.

Second: Substantial luncheon or supper sandwiches, such as Club Sandwiches.

Third: A dainty sandwich, containing only a bite or two, used at teas and receptions.

Fourth: The sweet sandwich, which is sometimes used as a dessert substitute.

Bread is twenty-four hours old before it will slice well for sandwiches. In making substantial sandwiches for home meals and for lunch boxes, leave the crusts on and spread the slice out to the edge with butter — then the crusts will surely be eaten. However, for dainty afternoon sandwiches, the crusts should be removed. In making sandwiches with the crusts on, it is easier to butter the loaf, slice by slice, before cutting. But in making daintily-shaped sandwiches this means a great waste of butter, and it is better to shape the bread before spreading. The butter should be beaten to a cream, as in making cake, and in many cases the sandwich filling may be beaten into the butter to good advantage, thus making necessary only one spreading. In case great economy is being practised, a good oleomargarine may replace butter in sandwich-making.

Occasionally, flavored butters are used in sandwiches which are to be served with fish, cocktails or salads.

Sandwiches may be served on doily-covered plates or in the newer sandwich trays or baskets. However, sweet and savory sandwiches should not be mixed. Savory sandwiches may be garnished with radish roses, celery tips, heart leaves of lettuce, etc., whereas sweet sandwiches may be appropriately garnished with flowers.

In the following recipes many of the substantial sandwich fillings may be adapted to small and dainty sandwiches, by reducing the quantities, slicing the bread very thin, and making sure that the filling itself is very smooth and pasty. The substantial sandwich should be made coarser in character, as otherwise it is liable to be eaten too quickly. It is necessary to have a very smooth filling in order to spread the dainty sandwich smoothly.

After the sandwiches are made they may be kept moist for some time, if wrapped carefully in paraffine paper and stored in a tightly closed utensil. Or, they may be kept even over night, if wrapped in a napkin wrung out of hot water, and then set in a closed tin box or jar.

Sweet sandwiches may take the place of cake at many meals, and they are a good vehicle for utilizing stale sponge or angel cake which may be toasted; for the utilizing of left-over frosting, together with crackers, or for the making of a quick sweet combination, such as dates and saltine crackers. These sweet sandwiches are particularly delicious with hot cocoa or chocolate, or with a fruit "ade" for the piazza luncheon.

FLAVORED BUTTERS

Lemon Butter

½ cupful butter
1 tablespoonful lemon juice
Grating of lemon rind

Cream all the ingredients together.

Watercress Butter

½ cupful butter
6 tablespoonfuls minced watercress
1 teaspoonful lemon juice

Cream all the ingredients together.

Sardine Butter

6 pounded sardines
½ cupful butter
Paprika
1 teaspoonful lemon juice

Cream all the ingredients together.

Lobster Butter

½ cupful butter
¼ cupful pounded lobster meat
Few drops lemon juice
A little paprika
Lobster coral to color

Cream all the ingredients together.

Chives Butter

½ cupful butter
3 tablespoonfuls finely-minced chives

Cream together and use.

Pimento Butter

½ cupful butter
2 finely-minced sifted pimentoes
Few drops Italian vinegar

Cream all the ingredients together.

Toasted Sandwiches

Make a filling of finely-chopped cooked meat, moistened with salad dressing. Spread between slices of buttered bread, press together in pairs, and toast on each side. Serve very hot.

Toasted Chicken Sandwiches

Cut the bread in full-sized slices, one-quarter inch thick. Spread lightly with creamed butter, then lay on thin slices of chicken. Dust lightly with celery salt. Press the second slices of bread in place and toast on either side, buttering the toasted surfaces when finished.

Toasted Salmon Sandwiches

Slice the bread one-quarter inch thick, and allow two full slices to a person. Spread the bread lightly with butter, or butter substitute, and then put in a thick filling made of finely-minced canned salmon, mixed with a little salad dressing or made mustard. Put the two slices together (do not remove the crusts) and toast on both sides.

The Picnic Lunch

Club Sandwiches

Cooked chicken
Sliced tomatoes
Broiled bacon
Lettuce
Salad dressing
Buttered toast

Prepare the toast, place a lettuce leaf on one of the slices, sprinkle on a teaspoonful of salad dressing, add the sliced chicken, put on a little more lettuce and dressing, then the bacon and tomato, and more lettuce and dressing. Finish with the second slice of toast, cut the sandwich cornerwise, and serve at once, garnished with tiny lettuce leaves or parsley.

Vegetable Club Sandwiches

2 slices tomato
3 green peppers, fried
1 cream cheese
Buttered bread, or
Buttered toast

Beat the cream cheese with a little sweet milk or cream, until it is smooth; then spread it on the bread or toast. Put on a thin layer of sliced tomatoes, then one of fried green peppers, salted.

Top with the bread or toast; serve at once.

Mock Club Sandwich

Hard-cooked eggs
Boiled ham
Sliced tomatoes
Shredded pimentoes
Lettuce
Buttered toast
Salad dressing

Prepare the toast, then place a leaf of lettuce dipped in salad dressing on the bottom piece; put a slice of ham in place, then the tomato; add a little more dressing, then the egg and pimento. Finish with more lettuce and a top piece of toast.

Baked-Bean Club Sandwich

Toast and butter two slices of entire wheat, or white, bread, and on one of them place a lettuce leaf, covered with boiled salad dressing. Above the dressing spread a generous filling of cold baked beans, cover with a slice of tomato with boiled dressing; add another lettuce leaf, and replace the second slice of toast. Garnish with a bit of bacon and a lettuce leaf.

Piquant Sandwiches

Entire wheat bread
Cream cheese
Peanut butter
Salad dressing
Stuffed olives
Lettuce

Spread the bread thinly with a mixture of the cheese and peanut butter creamed together; then sprinkle thickly with the olives, sliced, lay on a lettuce leaf, spread lightly with salad dressing and top with bread.

Ham and Jelly Sandwiches

Slice cold boiled ham as thinly as possible. Put between thin slices of buttered bread, spreading one slice with tart jelly.

Chicken Sandwiches

Chop the chicken fine and add mayonnaise to moisten, and, if desired, a little finely-chopped green pepper, pimento or celery. Stir this mixture into butter, which should be beaten to a cream, and spread between slices of white or entire wheat bread.

Hot Bacon Sandwiches

Broil, or bake, the bacon in the oven until crisp. Butter slices of bread, spread lightly with salad dressing and a little chopped tomato; dust with salt and pepper, lay on the sliced bacon, set the remaining bread in place and serve at once.

Minced Ham and Egg Sandwiches

Minced cooked ham
Hard-cooked eggs
Made mustard
Salad dressing
Entire wheat bread

Rub equal parts of minced ham and chopped hard-boiled eggs to a paste. Add a dash of mustard and well-seasoned mayonnaise, or boiled dressing, to moisten. Spread upon thinly-sliced bread, and press together in pairs.

Egg-Salad Sandwiches

Allow one hard-cooked egg to each sandwich. Cut rather soft bread in one-quarter inch slices, and butter lightly. Reserve the yolks from three eggs, and chop the balance with the whites. Mix and season with salad dressing and spread thickly upon the bread. Dip crisp lettuce leaves in French dressing, and place over the egg. Spread lightly with salad dressing and set the top slices of bread in place. Rice the egg yolk over the sandwiches, and serve at once.

Halibut Salad Sandwiches

Flaked cooked halibut
Boiled oil or sour milk salad dressing
Lettuce or cress
Radish roses (optional)

Mix the fish and dressing together to form a paste. Use full-sized slices of bread, either white or entire wheat, and spread them lightly with creamed butter. Spread one-half the slices with the salad mixture, lay on the lettuce or cress, the leaves of which should be dipped in French dressing. Top with corresponding slices of bread and serve at once.

Olive and Egg Sandwiches

3 hard-cooked eggs
18 stuffed olives
Buttered white bread
Mayonnaise

Chop the eggs fine, add the olives minced, and moisten to a paste with mayonnaise. Spread between slices of buttered bread.

Shrimp-Salad Sandwiches

1 cupful shrimps
1 tablespoonful lemon juice
¼ cupful chopped, stuffed olives
Mayonnaise or boiled dressing to moisten.

Mince the shrimps very fine; add the olives, lemon juice and mayonnaise to moisten; put between slices of buttered bread, or spread on single slices and leave uncovered, sprinkling with the chopped olives.

Tart Sardine Sandwiches

6 sardines pounded to a paste
2 sour pickles
1 sprig parsley
1 teaspoonful made mustard
1 tablespoonful olive oil
2 tablespoonfuls vinegar
Yolks 2 hard-cooked eggs
Salt and pepper
Rye bread and butter

Spread thin slices of the bread with butter, then spread corresponding slices with a mixture of all the ingredients, and press together.

Banana-Salad Sandwiches

Stale white bread	Thinly-sliced banana
Mayonnaise	Shredded lettuce

Cut the bread in finger lengths and spread lightly with the butter. Mix the lettuce with the mayonnaise, and place on half of the slices of bread; place sliced bananas on the other half, and press together in pairs.

Welsh Rarebit Sandwiches

Slice the bread; spread with butter, and fill with cold Welsh rarebit, made with milk, and crisp lettuce leaves, marinated in French dressing. Rye or entire wheat bread is preferable to white in these sandwiches.

Lettuce Sandwiches

Lettuce sandwiches may be made in a variety of ways. The most satisfying is to shred the lettuce, then crisp it on ice. Slice the bread thin, and spread with butter that has been creamed. Then toss the lettuce in French dressing that is well seasoned, put between the slices, and serve at once, before the lettuce wilts.

Spinach Sandwiches

White bread	Stiff mayonnaise
1½ cupfuls cooked spinach	Few grains nutmeg
Creamed butter	Salt and cayenne

Press all the juice from cooked spinach and chop the vegetable fine. Season with salt and cayenne, and a bit of nutmeg and moisten with the mayonnaise. Cut the bread very thin, and spread lightly with the butter. Spread the spinach rather thick on one slice of bread, cover with the second slice, add more spinach and then a third slice of bread. Let stand in a cool place till firm, then cut in slices like a cake. The result will be a green and white sandwich.

Tea-Room Sandwiches

Sliced ham	White bread
Sliced tongue	Butter
Sliced chicken	Mayonnaise
Chopped olives	Shredded lettuce

Remove the crusts from the bread, which has been cut a scant one-fourth inch thick. Spread the slices lightly with butter, creamed, and lay on a small piece each of ham, chicken and tongue. Add a layer of chopped olives, then a little mayonnaise, and top with corresponding slices of bread, buttered. Serve individually with a garnish of a handful of shredded lettuce, and a little mayonnaise on top, surmounted with an olive. If desired, the bread may be toasted for these sandwiches.

Onion and Celery Sandwiches

Fry the necessary amount of sliced onions. Butter slices of bread. For each sandwich spread one slice with onion and the other with finely-minced celery, mixed with salad dressing. Dip lettuce leaves in French dressing, and put between the slices.

Heart Sandwiches

Boston brown bread, or
Entire wheat bread
Cream cheese
Salad dressing
Whole pecan nuts

Cut the bread in heart shapes. Cream the cheese till soft with a little salad dressing. Spread on the bread, but do not put the slices together. Instead, press on a design of the pecan nuts, and serve prettily arranged on a doily-covered plate.

Green Pepper and Onion Sandwiches

Stale white bread
3 sweet green peppers
½ Bermuda onion
Creamed butter
French dressing

Remove the seeds and cores from the peppers, and chop the peppers very fine with the onion. Drain off the juice, then moisten with dressing and let stand on the ice till very cold. Cut the bread thin in fancy shapes, spread with creamed butter, and put together with the pepper mixture. Serve with Welsh rarebit.

Celery Sandwiches

Stale entire wheat bread
Crisp celery
Boiled dressing
Creamed butter

Cut the bread in thin, narrow strips and spread lightly with the butter, creamed. Chop the celery very fine, mix with salad dressing, and spread on half of the slices of bread. Save the dainty, white celery tips and split the round stems so they will lie flat. Place these upon slices of bread, so that the leaves will show beyond the edge, and top with corresponding slices.

Savory Sandwiches

½ cupful cold lamb or veal
2 tablespoonfuls grated cheese
Lettuce leaves dipped in French dressing
1 teaspoonful made mustard
Salt and pepper to taste.
Cream to moisten
Bread and butter

Mix together the meat, cheese, mustard and seasonings and cream until smooth. Spread buttered bread with this mixture, lay on lettuce leaves, and set on corresponding slices. Press together and serve at once.

Cheese and Nut Sandwiches

¼ cupful butter, creamed
½ cupful grated cheese
¼ teaspoonful paprika
½ cupful nut meats, chopped fine
Graham or brown bread

Mix the ingredients together in the order given. Spread on thin slices of graham or brown bread, cut in desired shapes, and put together in pairs. A nasturtium leaf is a piquant addition to this type of sandwich. In this case they should be cut round.

Pimento Sandwiches

1 Neufchatel cheese
2 pimentoes
Salt and pepper to taste
Mayonnaise to moisten
Peanut butter
Stale entire wheat bread
White bread

Chop the pimentoes fine, and add to the cheese. Mix well, season and moisten with mayonnaise. Cut the bread in desired shapes, allowing one slice of entire wheat and one slice of white bread to a sandwich. Spread one slice with peanut butter, and the other with the cheese mixture. Press together in pairs and serve.

Cheese and Tomato Sandwiches

Cut rounds of white bread, spread with cream cheese and salad dressing, mixed, place a thin slice of tomato on top, and cover, or not, as desired, with a second slice of bread.

Strawberry Sandwiches

Bread
Creamed butter
Sliced strawberries
Powdered sugar
Cinnamon.

Butter lightly thin slices of white bread. Cover with sliced strawberries, sprinkle with powdered sugar and a little cinnamon, and set the top slices in place. Serve at once.

Banana and Honey Sandwiches

2 bananas
2 tablespoonfuls lemon juice
Honey
3 tablespoonfuls thick cream
White or entire wheat bread

Slice the bananas and marinate in the lemon juice. Spread the white bread with the cream and honey mixed. Cover one-half the slices with the bananas, and press on the top slices.

Pineapple Sandwiches

Cut stale entire wheat bread in very thin slices, then in finger lengths. Spread generously with creamed butter, and then with pineapple marmalade. Put together in pairs, and bake slowly till delicately browned.

Cranberry Sandwiches

Cranberry conserve or jelly
Cream cheese
Entire wheat bread
Creamed butter

Butter the bread lightly, then spread half the slices with cream cheese, and the rest with the conserve. Press two of each kind together, and cut in any desired shape.

Noisette Cheese Sandwiches

Cut stale nut bread into very thin slices; spread with cream cheese and butter beaten together and put together with orange marmalade; cut into finger lengths for serving.

Fruit Cheese Sandwiches

Stoned prunes
Seedless raisins
Dates
Figs
Orange juice
Brazil nuts or pecans
English walnuts
Neufchatel cheese
Entire wheat bread

Wash equal parts of prunes, raisins, dates and figs;

prepare half as many Brazil nuts, pecans and English walnuts. Put through a food chopper — first a little fruit, then a few nuts; add a little orange juice, knead well, and pack into jelly glasses or baking powder tins, and let stand aside in a cool place. When wanted for use, set the pan in hot water, loosen the sides with a knife and take out the mixture. Cut thin and place between pieces of entire wheat bread, spread with Neufchatel cheese.

Raisin and Peanut Butter Sandwiches

Measure equal quantities of raisins and peanut butter. Put the raisins through the medium-fine knife of the food chopper, and blend with the peanut butter and a little plain butter. Spread between slices of entire wheat bread.

Melba Sandwiches

Prepare sandwiches of full slices of white bread spread lightly with creamed butter, and then with orange marmalade. Toast quickly, butter and cut in triangles. Serve very hot.

Orange Sandwiches

2 tablespoonfuls orange juice
1 teaspoonful lemon juice
Butter thin crackers
About 1 cupful sifted confectioner's sugar

Mix together the fruit juices. Stir in the confectioner's sugar and mix thoroughly. Heat butter thin crackers in the oven till crisp, cool and spread lightly with the filling. Press together in pairs.

Sweet Chocolate Sandwiches

Stale white bread
2 tablespoonfuls hot water
1½ tablespoonfuls cocoa
Confectioner's sugar
½ cupful chopped walnut meats
¼ teaspoonful vanilla

Make an ordinary confectioner's icing from the water, cocoa, sugar and vanilla, and stir in the walnuts. Cut the bread in thin slices, shape and spread lightly with the butter. Put together with the chocolate filling.

Date Sandwiches

12 saltine crackers
½ Neufchatel cheese
12 dates
1 tablespoonful butter

Cream together the cheese and butter, and spread the crackers lightly. Split the dates, removing the pits, and use two dates as a filling for each sandwich.

Date and Ginger Sandwiches

½ cupful stoned dates
½ cupful chopped English walnut meats
¼ cupful minced preserved ginger
Ginger syrup and lemon juice to moisten
Entire wheat bread
Creamed butter

Combine the ingredients. Butter entire wheat bread lightly, and spread with the fruit mixture. Cut in finger lengths. If desired, fingers of sponge cake may be used.

Sponge Cake Sandwiches

Cut sponge cake into thin slices, and put together with raspberry jam; cut in triangles, like bread and butter sandwiches.

Orange Club Sandwiches

Toast slices of stale sponge cake, or plain cake. Fill with finely-sliced and sweetened orange, mixed with cocoanut, and a few shredded Maraschino cherries, if convenient, and serve with a garnish of nuts and marshmallows.

CHAPTER XIX

DESSERTS

ALL MEASUREMENTS ARE LEVEL

We are apt to think of desserts more as accessories than as foods, and it is because of this that the sweet, which is so often tacked on at the end of a meal, frequently upsets the digestion.

All desserts have a food value which may be definitely classified according to the predominating element of which the dessert is made. For instance, a baked custard which is composed largely of eggs and milk is a protein, or muscle-making, dessert, although it of course contains quick energy in the form of sugar, and fat from the egg yolks and the milk. Desserts which are largely made up of starch, like tapioca, corn starch puddings, etc., may be roughly classified as starches. Those containing a goodly percentage of fat, as suet pudding, may be known as fatty desserts, whereas gelatines may be classified as sweets and mineral desserts.

The dessert to be chosen to supplement the meal must be selected with this idea in mind. A careful study of the chapter on the Balanced Ration will assist in the classification of these desserts. It should be kept in mind that acid desserts, as a fruit gelatine, should supplement meals rich in fat, or those containing fish.

Cold desserts may be used when the balance of the meal has been hot, and hot desserts will give the temperature balance to a meal that has largely been cold. For this reason it is more satisfying to serve a simple hot pudding, as Baked Indian Pudding, rather than the proverbial sauce and cake at the end of a cold supper.

Jackson Junkets

1 quart rich milk
4 tablespoonfuls sugar
1 junket tablet, dissolved in
1 tablespoonful water
A little salt
Grated nutmeg

Warm the milk with the salt, nutmeg and sugar until tepid; add the junket tablet and pour the mixture immediately into a serving dish (preferably glass) to solidify. Just before serving dot with stiffly-whipped cream, sweetened and flavored with grated apple or raspberry jam, or serve without cream, using either fresh or canned fruit instead for a sauce.

Irish Moss Blanc Mange

1 scant half-cupful Irish moss
4 cupfuls milk
¼ teaspoonful salt
1½ teaspoonfuls vanilla or orange extract
4 tablespoonfuls sugar

Rinse the moss, then soak it for fifteen minutes in water to cover, look it over carefully, rinse again, add to the milk and cook in a double boiler for thirty minutes. Add the salt and sugar, straining through a fine sieve; flavor, and fill the mould, which should be rinsed in cold water. Chill, and serve with any fresh or canned fruit and cream.

CORN STARCH DESSERTS

Plain Corn Starch Pudding

3 cupfuls scalded milk
1 cupful cold water
½ cupful corn starch
6 tablespoonfuls sugar
½ teaspoonful salt
1 teaspoonful vanilla

Mix the corn starch, sugar and salt together, dilute with the cold water, and add to the scalded milk, stirring constantly until it is thick. Then set over hot water and cook thirty minutes. Add the flavoring, pour into a mould wet in cold water, and chill.

White Corn Starch Pudding

3 cupfuls scalded milk
½ cupful corn starch
6 tablespoonfuls sugar
½ teaspoonful salt
½ cupful cold water
1 teaspoonful vanilla or orange extract
2 egg whites

Mix together the corn starch, sugar and salt, and dilute with the cold water. Add to the scalded milk and cook directly over a slow heat till thick, stirring constantly. Then place over hot water and cook thirty minutes, stirring occasionally. Remove from the heat and pour slowly onto the egg whites, beaten very stiff. Beat well, turn into a mould or custard cups dipped in cold water, and chill. Serve with sugared raspberries, strawberries or peaches, or with a caramel, chocolate or coffee nut sauce, when fruit is not at hand.

Chocolate Corn Starch Pudding

Make according to the recipe for White Corn Starch Pudding, adding two ounces (squares) of shaved chocolate to the milk while it is scalding. Flavor with vanilla. If desired, the egg whites may be omitted.

Coffee Corn Starch Pudding

Observe the proportions as given in White Corn Starch Pudding; scald 2½ tablespoonfuls of coffee in the milk, strain through cheescloth, and complete the cookery as directed.

Lemon Corn Starch Pudding

½ cupful corn starch
1 cupful cold water
2 cupfuls boiling water
1 cupful sugar
½ teaspoonful salt
¼ cupful lemon juice
Whites 2 eggs

Blend the corn starch, salt and sugar with cold water; pour into this the boiling water and cook for fifteen minutes, then for thirty minutes in a double boiler, stirring often. Cool a little, add the lemon juice and pour onto the beaten egg whites, stirring briskly. Mould in individual cups, and serve with custard sauce.

Strawberry Corn Starch Pudding

½ cupful corn starch
1 cupful strawberries and pulp
2 cupfuls boiling water
¼ teaspoonful salt
2 tablespoonfuls lemon juice
2 egg whites
¾ cupful sugar

Blend the corn starch with the salt, sugar and strawberry juice. Pour onto this the boiling water, let boil up once, then cook thirty minutes over hot water. Cool a little, add the lemon juice, then pour the mixture slowly onto the stiffly-beaten egg whites. Beat briskly; mould in individual cups dipped in cold water and serve with sliced and sugared strawberries.

Raspberry Corn Starch Pudding

Follow the proportions and directions given in Strawberry Corn Starch Pudding, substituting raspberries for the strawberries.

Rhubarb Corn Starch Pudding

Follow the proportions given in Strawberry Corn Starch Pudding, substituting three cupfuls of stewed or baked rhubarb for the strawberry juice and the boiling water, and increasing the sugar to one cupful.

Blueberry Mould

3 cupfuls stewed blueberries, well sweetened
Grating lemon rind
½ cupful corn starch mixed to a paste with
1 cupful cold water

Heat the blueberries to boiling point, add the corn starch, and after the mixture has boiled cook over hot water for thirty minutes. Pour into individual wet moulds, and let stand till very cold. Serve with whipped cream, flavored with a little lemon extract.

Blackberry Mould

Follow the proportions given in Blueberry Mould, substituting blackberries for blueberries; strain the blackberries after stewing.

Soft Lemon Fruit Pudding

2 tablespoonfuls corn starch
1 tablespoonful butter
½ cupful sugar
Few grains salt
Juice 1½ lemons
2 cupfuls boiling water
1 sliced banana
1 cupful cooked figs, diced

Mix together the corn starch, butter, sugar and salt. Add the water, boiling rapidly, and stir briskly until the mixture looks clear; then set over hot water to cook thirty minutes longer. Half cool, add the lemon juice, and pour over the fruit in a glass bowl.

Thickened Prunes

1 cupful prunes
2 cupfuls boiling water
¼ cupful sugar
Few grains salt
1½ tablespoonfuls corn starch
A few shavings of orange rind
1 tablespoonful lemon juice

Wash the prunes and soak twelve hours in 2 cupfuls of cold water. Add the orange rind and salt, and cook the prunes until nearly tender. Add the sugar and finish cooking. Skim out the prunes from the syrup. There should be 1½ cupfuls of liquid left; if there is not, add boiling water to make up the balance. Thicken with the corn starch, dissolved in a little cold water, and let boil up once. Add the lemon juice; remove the stones from prunes, add the prune syrup to the fruit and serve hot on French toast, or ice cold with whipped cream.

CUSTARD DESSERTS

Soft Cooked Custard I

- 2 egg yolks
- 2 tablespoonfuls corn starch
- ½ cupful sugar
- 3 cupfuls scalded milk
- 1 teaspoonful flavoring
- ¼ teaspoonful salt

Scald the milk, mix together the egg yolks, salt, corn starch and sugar and pour the scalded milk into this mixture. Return to a double boiler and cook until it coats the spoon, stirring frequently. Reserve the egg whites to use in a cake or whip. When the custard begins to cool, add the flavoring.

Soft Cooked Custard II

- 1 pint scalded milk
- ¼ cupful sugar
- Salt
- 3 egg yolks
- ¼ teaspoonful flavoring

Scald the milk; beat the sugar, salt and egg yolks together until blended. Pour into this the scalded milk. Cook in a double boiler, stirring constantly, until it coats the spoon. Remove at once and, when cold, add the flavoring. If it should be cooked too much or "curdle," beat hard with an egg-beater.

Floating Island

- 4 cupfuls milk
- 2 egg yolks
- 3 tablespoonfuls flour
- ½ cupful sugar
- 2 egg whites
- ⅛ teaspoonful salt
- ½ teaspoonful vanilla
- ½ tablespoonful powdered sugar

Mix the egg yolks, flour, sugar and salt together in a bowl, add the scalded milk, slowly, return to a double boiler and cook until it coats the spoon, stirring constantly; when cool, add the flavoring and pour into a dish. Beat the egg whites light, and add the powdered sugar. Beat again, place on the custard by spoonfuls to form "islands," or drop the islands in boiling water and poach them, if the dessert is to stand any length of time.

Chocolate Floating Island

Observe the proportions given in the recipe for Floating Island, adding 2 ounces (squares) of shaved chocolate to the milk while it is scalding; sprinkle the "islands" with shredded cocoanut.

Raspberry Float

Follow the recipe for Floating Island. When beating the egg whites, add ¾ cupful of crushed raspberries and ¾ cupful of powdered sugar. Heap this float upon the custard.

Strawberry Float

Observe the directions given for making Raspberry Float, substituting strawberries for the raspberries.

Banana Float

Follow the directions for making Floating Island, bestrewing the "islands" with very finely-sliced bananas just before serving.

Orange Rice Custard

3 cupfuls milk
2 eggs
¼ teaspoonful salt
½ cupful sugar
½ cupful boiled rice
1 teaspoonful orange juice
Candied orange peel

Scald a few pieces of plain orange peel with the milk and rice. Beat the egg yolks with the sugar and salt; remove the orange peel, add the sugar mixture to the milk, and stir over hot water until thickened. Then take from the heat and chill. Just before serving beat the egg whites stiff, add a few grains of salt, a tablespoonful of powdered sugar and the orange juice. Pile on the custard, and sprinkle lightly with candied orange peel.

Soft Caramel Custard

3 cupfuls milk, scalded
3 eggs slightly beaten
½ cupful sugar
¼ teaspoonful salt
½ teaspoonful vanilla

Scald the milk; melt the sugar in a frying pan till light brown, stirring constantly. Add ¼ cupful of boiling water, and, when dissolved again, pour into the milk. Then pour the hot mixture onto the beaten eggs, return to the double boiler and cook until it coats the spoon, stirring constantly. Add the salt and flavoring when cool. Serve very cold in glass cups, topping each serving with flavored whipped cream sprinkled with toasted shredded almonds if convenient.

Plain Baked Custard

3 cupfuls scalded milk
3 eggs
6 tablespoonfuls sugar
⅛ teaspoonful salt
½ teaspoonful flavoring

Scald the milk; mix together the eggs, sugar, salt and flavoring in the custard dish. Pour onto this the scalded milk, set in a pan of hot water, and bake, until firm, in a moderate oven. Test with a silver knife; if, after inserting, the knife comes out perfectly clean, the custard is done. It will take about thirty-five minutes; or it may be cooked in custard cups in the oven, or steamer top, in twenty minutes.

Baked Chocolate Custard

3 cupfuls milk
3 ounces (squares) chocolate
4 egg yolks
½ cupful sugar
⅛ teaspoonful salt
¼ teaspoonful vanilla

Shave the chocolate, add to the milk and cook over hot water until the chocolate is dissolved, stirring frequently. Beat the egg yolks with the sugar, add to the milk mixture, turn in the flavoring and salt, pour into the custard cups, set in a pan, surround with hot water and bake till almost "set." Remove from the oven, and cover with a meringue made of three of the remaining egg whites, 3 tablespoonfuls powdered sugar, and a few drops of vanilla. Bake slowly ten minutes longer.

Baked Caramel Custard

4 cupfuls scalded milk
5 eggs
¾ cupful sugar
½ teaspoonful salt
1 teaspoonful vanilla

Caramelize half the sugar until light brown. Add this gradually to the milk, being careful that the latter does not bubble up and go over. As soon as the sugar is melted in the milk, pour the mixture onto the eggs (and remaining sugar), slightly-beaten together. Add the salt and flavoring, then strain into a buttered mould. Bake in a pan of hot water in a slow oven, until a knife, when inserted, will come out clean. This may be poured into custard cups and set in a steamer top to cook over hot water. Then the custards will be done when firm, in about fifteen minutes.

Baked Custard Renversée

1 cupful sugar, caramelized
½ cupful sugar (additional)
5 eggs
1 quart milk
¼ teaspoonful salt
1 teaspoonful vanilla

Caramelize the cupful of sugar and immediately turn into a three-pint mould. Tip the mould quickly from side to side, coating it thoroughly with the caramel. Scald the milk, beat the eggs slightly and add to them the sugar, salt and vanilla; combine with the milk, pour into the mould and set in a pan; surround with boiling water and bake slowly about an hour, or until the custard is "set." When very cold, unmould and sprinkle with chopped, browned almonds.

Baked Coffee Custard

3 cupfuls milk
2 tablespoonfuls ground coffee
3 eggs
½ cupful granulated sugar
¼ teaspoonful vanilla

Scald the coffee in the milk, and strain through a cloth. Beat the eggs, sugar and vanilla together, combine with the milk, pour into custard cups or a mould, and steam until firm in the center, or bake in a pan of hot water in a moderate oven. Serve ice cold, with caramel nut sauce, a fruit sauce, or whipped cream.

Baked Cocoanut Custard

3 cupfuls milk
½ cupful cocoanut
½ tablespoonful corn starch
Few grains salt
½ teaspoonful vanilla
3 eggs
6 tablespoonfuls sugar

Scald the cocoanut with the milk, then thicken with the corn starch dissolved in 1 tablespoonful of cold water. Beat together the eggs, sugar, salt and flavoring; combine with the milk and pour into custard cups. Set in a pan of hot water and bake in a moderate oven until the custard is "set."

CEREAL AND BREAD DESSERTS

Fig Bread Pudding

3 cupfuls stale bread crumbs
2½ cupfuls milk
2 eggs
¼ teaspoonful salt
½ cupful sugar
Grated rind and juice of ½ lemon
1½ cupfuls chopped figs

Soak the crumbs and figs in the milk, till softened. Add the other ingredients, including the eggs, unbeaten, pour into a buttered baking dish, set in a pan of hot water, and bake for an hour and a half in a moderate oven. Serve with hard sauce.

Chocolate Bread Pudding

2 cupfuls stale bread crumbs
4 cupfuls scalded milk
2 ounces (squares) chocolate
1 teaspoonful vanilla
⅔ cupful sugar
2 eggs
¼ teaspoonful salt

Soak the bread in the milk for thirty minutes. Melt the chocolate over hot water; add some of the hot milk until it can be poured, then combine with the bread crumbs. Beat together the salt, sugar, vanilla and eggs. Add this to the pudding mixture, pour into a buttered dish, surround with hot water, and bake an hour in a moderate oven. Serve with cream or lemon, hard or vanilla sauce.

Lemon Pudding

2 cupfuls stale bread crumbs
3 cupfuls milk
1 tablespoonful flour
1 tablespoonful butter
2 eggs
¾ cupful sugar
Few grains salt
Juice and rind 1 lemon

Scald the crumbs and butter in the milk. Beat together the eggs, sugar and lemon, and add to the milk mixture; pour into a buttered baking dish, surround with hot water and bake until firm in the center. Serve with canned red cherries.

Cocoanut Bread Pudding

1½ cupfuls stale bread crumbs
1½ tablespoonfuls butter
¾ cupful sugar
½ teaspoonful vanilla
3 cupfuls hot milk
2 egg yolks
1 tablespoonful lemon juice
Grated rind of ½ lemon
¾ cupful cocoanut

Add the crumbs and butter to the milk, stir well and set aside to cool. Beat the egg yolks, add the sugar, lemon juice and rind and the vanilla; combine with the milk mixture, and bake in a well-buttered pudding dish in a moderate oven.

Mock Indian Pudding

4 slices of bread
1 egg
3 cupfuls milk
¼ teaspoonful each of ginger, clove and cinnamon
⅓ cupful sugar
2 tablespoonfuls Barbadoes molasses
2 tablespoonfuls melted butter or oleomargarine

Crumb the bread and let soak in the milk for twenty minutes. Scald, add the sugar, molasses, fat and spices, and pour onto the beaten egg. Put in a buttered pudding dish, and bake one and one-half hours in a slow oven. Serve with brown sugar sauce.

Sponge Bread Pudding

2 cupfuls stale bread crumbs
1 quart milk
¾ cupful sugar
Few grains salt
2 eggs
¼ teaspoonful soda, dissolved in
1 tablespoonful warm water
½ teaspoonful flavoring

Scald the crumbs in the milk. Separate the eggs, beat the yolks and whites separately, and add the yolks to the milk mixture, with the salt, sugar, soda and flavoring. Fold in the egg whites, pour into a buttered pudding dish, set in a pan of hot water, and bake gently, until a knife inserted will come out clean. Serve with melted jelly.

手乃不

Lemon Rice Pudding

1½ cupfuls cooked rice
1 egg
½ cupful sugar
3 cupfuls milk
Juice and rind ½ lemon

Mix in the order given, pour into a buttered pudding dish, set in a pan of hot water and bake slowly until firm in the center. Serve hot or cold, with currant jelly sauce.

Coffee Pudding

1 cupful stale cake crumbs
1 pint milk
1 pint cold coffee
½ cupful light brown sugar
½ teaspoonful vanilla
1 or 2 eggs
Few grains salt

Soak the crumbs in the milk and coffee for an hour, then stir in thoroughly the sugar, salt and vanilla. Add the eggs slightly beaten and pour the mixture into a buttered baking dish. Set in a pan of hot water and bake until firm in the center. Serve half warm, with cream.

Peach or Apricot Compote

½ cupful uncoated rice
1 can peaches (or apricots)

Boil the rice and pack it into well-buttered moulds; make a sauce of

1 cupful peach or apricot juice
2 teaspoonfuls butter
1 tablespoonful corn starch
2 tablespoonfuls sugar
1 tablespoonful lemon juice

Cook the fruit juice, sugar and corn starch together till thick; remove from the heat, add the lemon juice and butter and pour over the unmoulded rice, arranged with the fruit on a deep platter.

Pineapple Compote

Make as in the preceding recipe, substituting canned pineapple for the fruit mentioned.

Cereal Pudding

1 cupful any cold cooked cereal
3 cupfuls scalded milk
1 egg
½ cupful sugar
¼ teaspoonful salt
½ teaspoonful vanilla

Scald the milk, mix together the egg, sugar, salt, vanilla and cereal. Pour into a buttered baking dish.

Set in a pan of hot water and cook until "set," or firm, in the middle, in a moderate oven. Raisins, chopped figs, stoned dates or a little left-over canned fruit may be added to this pudding for variety.

Apple Rice

3 cupfuls cold, boiled uncoated or brown rice
½ cupful sugar
Juice and rind 2 lemons
2 cupfuls cold apple sauce
1 cupful fine cookie or cake crumbs
½ cupful raspberry jam
2 tablespoonfuls melted butter

Butter a baking dish; put in a layer of rice, mixed with the sugar and lemon. Add a layer of apple, then one of rice, continuing in this way until the dish is filled. Have the last layer of rice, spread this with the jam, then add the crumbs mixed with 2 tablespoonfuls of melted butter, and bake in a moderate oven until browned. Serve cold with cream.

Peach and Hominy Ramekins

½ cupful hominy cooked in milk
¼ cupful candied orange peel
¼ cupful of sugar
½ teaspoonful salt
6 cooked, diced peaches
3 egg whites
3 tablespoonfuls powdered sugar
Few drops orange extract

Cook the hominy in milk with the orange peel and salt till the kernels are softened. Then stir in the sugar. Half-fill buttered ramekins, set a peach in each one, add a little more hominy and pile on a meringue made of the egg whites, powdered sugar and extract. Brown in a moderate oven, and serve with an orange sauce, if desired. A large baking dish may be used in place of the ramekins. Plain cooked hominy, left from breakfast, may be used, if moistened with a little milk.

Creamy Rice Pudding

¼ cupful brown or uncoated rice
½ cupful sugar
⅜ teaspoonful salt
4 cupfuls cold milk

Mix the ingredients together, bring to boiling point, and cook three hours in a very slow oven. Serve either plain or with crushed fresh fruit and cream.

DESSERTS WITH A BAKING POWDER BISCUIT FOUNDATION

DESSERTS OF A CAKE NATURE

Sweet Shortcake

- 4 cupfuls flour
- 6 tablespoonfuls butter or oleomargarine
- ¾ cupful sugar
- 1 teaspoonful salt
- 3 teaspoonfuls baking powder
- 2 eggs
- ¾ to 1 cupful of milk

Mix the dry ingredients together and rub in the fat with the finger tips. Beat the eggs light, add the milk and stir into the flour. Beat well, and, if too thick, add a little more milk. Spread in two layer-cake pans, and bake in a moderate oven. Split, spread with butter and the desired fruit, properly sweetened and prepared.

Sweet Fruit Shortcake

Follow the recipe for Sweet Shortcake, putting it together with strawberries which have been slightly crushed, sweetened and allowed to stand for at least an hour; sliced and sugared peaches, slightly flavored with lemon juice; sliced and sugared oranges, mixed with cocoanut; shredded canned pineapple; stewed sweetened plums; slightly crushed and sweetened raspberries; sweetened blackberries, or any other desired fruit.

With the raspberries, blackberries, peaches, or strawberries, sweetened whipped cream is a suitable accompaniment, although any of the foamy cold sauces may be used, and in case of pineapple a delicious combination is a cold orange foamy sauce.

Biscuit Shortcake

- 2½ cupfuls flour
- 4 teaspoonfuls baking powder
- ½ teaspoonful salt
- 1 tablespoonful sugar
- 1 cupful milk
- 3 tablespoonfuls butter or oleomargarine

Mix the dry ingredients together, thoroughly. Work in the shortening with the finger tips, and add the milk slowly. Toss on a floured board, divide in two parts, pat out and fit into the pans. Bake fifteen minutes in a hot oven.

Old-Fashioned Strawberry Shortcake

1 quart strawberries	Biscuit shortcake
1 cupful sugar — more or less	Thick cream

Make a biscuit shortcake as directed. Split and butter it liberally and fill with halved strawberries which have been allowed to stand with the sugar on them for at least an hour. Pile strawberries on the top, and serve warm with the cream.

Plain Fruit Shortcake

This may be made with the biscuit foundation. Suitable fillings are sliced and sugared oranges, baked rhubarb, baked apple sauce, stewed blueberries, stewed diced figs (with orange sauce), stewed dried pears with golden marshmallow sauce, or a combination of stewed cranberries and raisins, well sweetened, and served with orange sauce.

Fruit Rolls

All fruit rolls have as a foundation a biscuit shortcake. This should be rolled out into rectangular shape, the dough being kept about one-quarter of an inch thick. It should then be sprinkled to within an inch of the edge with the desired fruit, sweetened. Canned fruit may be used, but in any case it should be chopped coarsely. The dough should then be rolled up gently, the ends pinched together, and the roll placed fold-side down on a well-oiled baking pan. The top should be brushed with milk, and the whole baked for half an hour in a moderate oven. This may be served with cream or a suitable sauce, the choice depending upon the character of the filling.

Apricot Roll

Make according to the general directions for fruit rolls, using as a filling canned apricots, with a little additional sugar, and a grating of orange rind, or well-sweetened, dried, stewed apricots. Serve with lemon sauce.

Strawberry Fruit Roll

Make according to the general directions for fruit rolls, using strawberries halved or quartered, well-mixed with sugar and a few grains of cinnamon. Serve with strawberry sauce or cream.

Raisin Roll

Make according to the general directions for fruit rolls, sprinkling the dough thickly with a cupful of chopped raisins, 2 tablespoonfuls of sugar and 1 tablespoonful of cinnamon. Serve with lemon sauce.

Prune Fruit Roll

Follow the general directions for making fruit rolls, covering the dough with halved stewed prunes. Sprinkle on a little grated orange rind. Finish as directed.

Baked Fruit Dumplings

Prepare the mixture for Biscuit Shortcake; roll out to about one-quarter inch thickness. Cut in four-inch squares, and on each square place a tablespoonful of chopped and well-sweetened fruit. Fold up the edges, press together, place fold-side down in a buttered baking pan, and bake gently for thirty minutes. Serve with any desired sauce.

Baked Apple Dumplings

Prepare as in general directions for Baked Dumplings, using apples, sweetened, and flavored with nutmeg and cinnamon.

Baked Pear Dumplings

Prepare as in general directions for Baked Dumplings, using sweetened canned, stewed, dried or fresh pears, with a little candied ginger as flavoring.

Baked Rhubarb and Pineapple Dumplings

Prepare as in general directions for Baked Dumplings and use a combination of chopped sweetened raw rhubarb and canned pineapple, with a little lemon juice, as a filling.

Baked Strawberry Dumplings

Prepare as in general directions for Baked Dumplings, and use sweetened quartered strawberries, flavored with a little cinnamon.

Upside-Down Apple Pie

1 quart apples
1 cupful sugar
½ teaspoonful cloves
1 cupful boiling water
Salt
1 tablespoonful butter or oleomargarine
Short biscuit crust

Pare and slice the apples, mix with them the sugar, cloves, salt and fat and place in a well-oiled baking dish, with a cupful of boiling water. Cover, set in the oven and bake for twenty minutes; then place the crust over the top, and finish baking. Let it cool slightly, then turn upside down on a platter, and serve with hard or lemon sauce.

Upside-Down Raspberry and Currant Pie

Make according to the directions for Upside-Down Apple Pie, using equal quantities of raspberries and red currants and a few grains of nutmeg.

Upside-Down Peach Pie

Make according to the directions for Upside-Down Apple Pie, and use sliced and sugared peaches.

Individual Upside-Down Pies

Butter muffin pans thoroughly, and fill with sliced, sweetened and seasoned fruit. Put on each pan a round of biscuit crust a little smaller than the diameter of the pan. Bake about twenty-five minutes.

For serving, remove to individual plates, turning the pies crust-side down, or, if desired, they may be baked in ramekins, when they may be served in the dishes.

Steamed Apple Dumplings

8 apples
1½ cupfuls cold water
¾ cupful sugar
¼ teaspoonful cinnamon

Pare, core and quarter the apples, put in a saucepan with the water, and cook rapidly until soft, stirring frequently. Sweeten and add the cinnamon. While this is cooking, prepare the dumpling mixture as given in quick breads. Pat out to one-half inch thickness and shape into rounds. Have the apple sauce boiling hot; put the dumplings on the surface, cover and cook for twelve minutes. Serve with lemon sauce.

Cranberry Dumplings

Make a cranberry sauce of 1 quart of cranberries, 1½ cupfuls of water, and 2 cupfuls of sugar. Prepare a dumpling mixture, and finish according to the recipe for Steamed Apple Dumplings.

Currant Dumplings

Stew together one quart of red currants, ½ cupful of water and 1½ cupfuls of sugar. When soft and boiling hard, lay on the dumplings and finish according to the recipe for Steamed Apple dumplings.

Strawberry Dumplings

Make according to the recipe for Cranberry Dumplings, adding ½ tablespoonful of butter to the strawberry sauce.

Prune Pudding

2 tablespoonfuls melted butter or oleomargarine
½ cupful granulated sugar
½ teaspoonful orange flavoring
1 egg
1 cupful raw, pitted prunes
½ cupful milk
1½ cupfuls whole wheat meal or flour
3 teaspoonfuls baking powder

Beat together the butter, sugar, flavoring and egg. Add the prunes to the meal or flour, mix in the baking powder and add this alternately with the milk to the first mixture. Bake in a shallow pan, dredge thickly with powdered sugar, cut in squares and serve with a sauce made of thickened fruit juice.

Mocha Pudding

½ cupful butter or oleomargarine
1 cupful sugar
½ cupful strong coffee
¼ teaspoonful vanilla
1¾ cupfuls flour
2½ teaspoonfuls baking powder
2 egg whites
¾ cupful broken walnut meats

Cream the fat, and beat in the sugar and vanilla. Sift together the flour and baking powder, add the nut meats and then stir in alternately with the coffee into the first mixture. Lastly, fold in the egg whites, beaten stiff. Bake in two layers, put together with raspberry jam or drained canned raspberries and decorate with a cupful of cream sweetened and whipped solid with a half cupful of raspberry syrup. Strawberries or loganberries may replace the raspberries.

Strawberry Meringue

½ cupful sugar
2 tablespoonfuls butter
¼ cupful milk
⅞ cupful flour
2 egg whites
1½ teaspoonfuls baking powder
1 egg yolk
2 cupfuls sliced strawberries
2 tablespoonfuls confectioner's sugar
1 teaspoonful lemon juice

Make an ordinary cake mixture of the sugar, butter, milk, flour, baking powder and egg yolk, and bake in a layer-cake pan. Let the strawberries stand with sugar on them for thirty minutes. Pile onto the baked cake, cover with a meringue made of the egg whites, stiffly beaten with the confectioner's sugar and lemon juice. Brown and serve with strawberry sauce.

Cottage Puffs

4 tablespoonfuls butter or 3 tablespoonfuls lard or drippings
1 cupful sugar
2 eggs
½ teaspoonful orange extract
½ cupful milk
1¾ cupfuls flour
3 teaspoonfuls baking powder

Cream the butter, add the sugar gradually, and the eggs, well beaten. Mix the flour and baking powder, and add alternately with the milk to the first mixture. Bake in individual pans and serve with orange sauce.

TAPIOCA DESSERTS

Baked Caramel Tapioca

½ cupful pearl tapioca
1 cupful light brown sugar
1 tablespoonful butter
Few grains salt
1 teaspoonful vanilla
1 quart boiling water
2 egg whites
Vanilla

Soak the tapioca over night, then mix in the baking dish with the sugar, butter, salt and vanilla, and pour on the water. Bake two hours in a moderate oven, then spread a meringue over the top made of the egg whites, a few grains of salt, 2 tablespoonfuls of brown sugar and vanilla. Bake twelve minutes more in a slow oven, then let stand two hours to solidify, and serve with brown sugar syrup, either with or without a few chopped nut meats.

Apple Tapioca

¾ cupful pearl or ½ cupful quick cooking tapioca
Cold water to cover
2½ cupfuls boiling water
½ teaspoonful salt
6 tart apples
1 cupful sugar
2 tablespoonfuls lemon juice

Soak the tapioca an hour in water to cover. Drain, add the boiling water and salt and cook in a double boiler until the tapioca looks clear. Pare and core the apples, cut in quarters, and place in a baking dish or casserole. Add the lemon juice and sugar to the tapioca, pour over the apples and bake or steam until the apples are soft.

Peach Tapioca

Make according to the directions for Apple Tapioca, substituting sliced canned or fresh peaches for the apples.

Tapioca Raisin Pudding

¾ cupful pearl or ½ cupful quick cooking tapioca
Cold water to cover
3 cupfuls boiling water
½ teaspoonful salt
1 cupful raisins
¾ cupful light brown sugar
Juice and rind 1½ lemons

Soak the tapioca an hour in water to cover. Drain, add the boiling water and salt and cook in a double boiler until the tapioca looks clear. Add the raisins, sugar and lemon and bake an hour in a slow oven. Serve with cream.

Lemon Tapioca

½ cupful pearl or ⅓ cupful quick cooking tapioca
Cold water to cover
3⅓ cupfuls boiling water
½ teaspoonful salt
1 cupful sugar
⅓ cupful lemon juice
Grated rind one lemon
2 egg whites

Soak the tapioca an hour. Then add to the boiling water with the salt and lemon rind and cook until clear. Remove the rind, and turn in the sugar and lemon juice. Beat the egg whites stiff, fold them lightly in, chill and serve in sherbet glasses.

Coffee Tapioca

3 cupfuls coffee
4½ tablespoonfuls pearl, or 3 tablespoonfuls quick cooking tapioca
2 eggs
¾ cupful sugar
¼ teaspoonful salt
½ teaspoonful vanilla

Heat the coffee in a double boiler. Add the tapioca (after soaking for an hour in water to cover), and cook until it is transparent; caramelize ¼ cupful of the sugar, and add to the tapioca mixture. In the meantime, beat together the egg yolks, salt and remaining sugar. Add to the tapioca mixture, and, when thickened, fold in the stiffly-beaten egg whites. Serve very cold, with or without whipped cream.

Indian Tapioca Pudding

4 tablespoonfuls pearl tapioca
4 tablespoonfuls home-ground cornmeal
⅔ cupful Barbadoes molasses
½ cupful sugar
2 tablespoonfuls butter or oleomargarine
5 cupfuls milk
2 teaspoonfuls salt
½ cupful chopped candied ginger (optional)

Cover the tapioca with warm water, and let it soak an hour; scald the milk, add the tapioca, and cook for fifteen minutes. Mix together the remaining ingredients, stir into the tapioca mixture and cook over hot water, till thickened and the mixture is beginning to separate. Turn into a buttered baking dish, and bake for three hours in a slow oven. Always add an extra cupful of cold milk at the end of two hours.

Tapioca Cream

½ cupful pearl, or ¼ cupful quick cooking tapioca
2 eggs
⅔ cupful sugar
¼ teaspoonful salt
1 teaspoonful vanilla
1½ cupfuls scalded milk

Soak the tapioca an hour in cold water to cover. Drain and cook in a cupful of boiling water in a double boiler until transparent, stirring frequently. Then add the milk, and pour the mixture gradually onto the egg yolks and sugar, beaten together. Return to the double boiler and cook until it thickens, or coats the spoon. Remove from the heat, and pour onto the egg whites, beaten stiff. Chill, add salt and flavoring. A half cupful of quartered dates may be added if desired. All milk may be used instead of part water.

Chocolate Tapioca

3 cupfuls milk
1 cupful water
¾ cupful sugar
4 tablespoonfuls powdered cocoa
⅛ teaspoonful salt
½ teaspoonful vanilla
1 scant cupful quick cooking tapioca

Heat the milk and water together and add the tapioca. Stir in the cocoa, sugar and salt well-mixed, and cook the mixture until the tapioca is translucent. Chill and serve with light cream.

Moulded Coffee Tapioca

4 cupfuls boiling coffee
¾ cupful sugar
1 scant cupful quick cooking tapioca
Few grains salt
½ teaspoonful vanilla
½ cupful broken English walnuts, hickory nuts or black walnut meats

Dissolve the sugar and salt in the coffee, add the tapioca, and cook gently until it is translucent. Stir in the nuts. Add the vanilla, chill and serve with light or whipped cream.

FRUIT LOAVES AND "BETTYS"

Brown Betty

3 cupfuls tart apples, chopped fine
3 cupfuls soft bread crumbs
Light brown sugar
Ground cloves and cinnamon
Butter or oleomargarine

Butter a baking dish or casserole; put in a layer of apples, sprinkle with the sugar, mixed with the spice, and cover with crumbs. Repeat until all is used, and make the last layer of crumbs, dotting well with butter and sprinkling with the sugar mixture. Cover and bake forty-five minutes in a hot oven, then remove the lid and brown quickly. Serve half warm, with cream, or hard, or lemon sauce.

Cherry Betty

2 cupfuls stoned cherries, chopped
4 cupfuls soft bread crumbs, or stale cake crumbs
½ cupful sugar
1 teaspoonful cinnamon
4 tablespoonfuls butter or oleomargarine

Butter a baking dish and put a layer of cherries in the bottom; sprinkle with the sugar and cinnamon mixed, dot with butter, put in crumbs and repeat until the dish is filled, making the last layer buttered crumbs. Bake covered in a moderate oven for forty minutes. Then uncover and let brown, and serve with hard, fruit or a lemon sauce.

Fruit and Bread Loaves

Butter a smooth bowl, and fill it with alternating layers of crumbled buttered white or entire wheat bread, and hot, sweetened fruit with juice. Let stand several hours to chill. Unmould and serve with cream and sugar or rich milk, or extra fruit juice, or crushed and sweetened fruit. Rhubarb, pineapple, cherries, blackberries and blueberries may all be used.

Pineapple Bread Charlotte

Butter bread and slice it thin. Arrange in layers in a well-buttered baking dish, with finely-shredded canned pineapple and juice which has been heated to boiling point and made very sweet, and to which has been added a dash of lemon juice.

Make the last layer bread, and sift powdered sugar thickly over it. Bake about thirty minutes in a moderate oven. It may be necessary to cover it while baking lest the top become too brown. Half cool and serve in slices. Lady fingers or stale sponge cake may be substituted for the bread if desired; in this case the pineapple should not be made so sweet.

STEAMED PUDDINGS

Suet Pudding

⅞ cupful suet, chopped fine
1 cupful sugar
1 cupful sour milk
1 cupful raisins, dates or figs, chopped fine
1 teaspoonful soda
1 teaspoonful salt
3 cupfuls flour
2 teaspoonfuls cinnamon
1 teaspoonful cloves

Mix the suet, sugar and milk together. Sift together the soda, salt and flour. Add 2 cupfuls of flour to the first mixture; mix the fruit with the remaining flour and add with the spices. Turn into a well-oiled and floured mould and steam four hours. Serve with a hard sauce. If dates are used, add 2 tablespoonfuls chopped, candied orange peel, and omit the spice.

French Fruit Pudding

1 cupful chopped suet
½ cupful Barbadoes molasses
1 cupful sour milk
1½ teaspoonfuls soda
2½ cupfuls flour
1 teaspoonful cinnamon
1 teaspoonful clove
½ teaspoonful salt
1¼ cupfuls chopped raisins
¾ cupful currants

Add the molasses and sour milk to the suet. Stir in 2 cupfuls of the flour sifted with the soda, salt and spices. Add the fruit combined with the remaining flour, mix well, pour into a well-oiled and floured mould and steam four hours.

Christmas Pudding

1 cupful chopped suet
½ cupful sugar
½ cupful Barbadoes molasses
1 cupful sour milk
1½ teaspoonfuls soda
1 egg
3½ cupfuls flour
½ cupful chopped walnut meats
1 teaspoonful cinnamon
1 teaspoonful clove
½ teaspoonful salt
1¼ cupfuls chopped raisins
3 cupfuls chopped currants
½ cupful chopped figs
½ cupful chopped candied orange peel

Mix together the flour, spices, prepared fruits and salt. Combine the soda, sour milk and molasses, add the suet, sugar and the egg, unbeaten, and then beat in the flour mixture. Steam in a well-oiled and floured mould for four hours, then serve garnished with holly surrounded by portions of hard sauce, sprinkled with chopped pistachio nut meats, and capped with candied cherries.

The pudding will be more attractive still, if blazing when brought to the table. To accomplish this, pour over three tablespoonfuls of good brandy, and ignite it just before sending to the table. This amount will serve twelve people.

Rich Fruit Pudding

½ cupful Barbadoes molasses
½ cupful sugar
1 cupful sweet milk
1 teaspoonful cinnamon
¼ teaspoonful ginger
½ cupful chopped dates
½ cupful candied orange peel
½ cupful butter or oleomargarine
1 teaspoonful soda
½ teaspoonful clove
⅛ teaspoonful nutmeg
1 cupful chopped raisins
1 cupful chopped figs
3½ cupfuls flour
1 cupful chopped almonds

Melt the fat, and combine with the milk, slightly warmed; add the soda to the molasses, mix all together, add the spices, sugar, and gradually beat in 3 cupfuls of the flour. Mix the fruit and nuts with the remaining flour, and add to the mixture. Beat well. Pour into a well-oiled and floured pudding mould, and steam four hours. Serve with hard sauce.

Hunter's Pudding

½ pound currants
½ pound raisins
Grated rind ½ lemon
½ pound suet
3 eggs
3½ cupfuls flour
1½ teaspoonfuls ginger
1 teaspoonful salt
1 cupful brown sugar
1 teaspoonful soda
1 cupful milk

Chop the suet fine, and mix into the flour with the soda and fruit. Add the salt and ginger, rub in the sugar, and work in the milk and the eggs, well-beaten. Steam in a well-oiled and floured mould for four hours. Serve with hard ginger sauce.

Steamed Date Pudding

2 cupfuls entire wheat flour
½ teaspoonful salt
2½ teaspoonfuls baking powder
4 tablespoonfuls sugar
¾ cupful shredded dates
1 egg
2 tablespoonfuls melted butter or oleomargarine
Grated rind and juice of 1 lemon
½ cupful milk

Mix together the flour, salt, baking powder, sugar and dates. Beat the egg light, add to the milk with the lemon, stir in the flour mixture, beat well, add the melted butter and turn into well-oiled and floured pound baking-powder cans. Steam an hour, and serve with lemon sauce.

Steamed Graham Pudding

¼ cupful butter or oleomargarine, melted
½ cupful Barbadoes molasses
½ cupful milk, sweet or sour
1 egg
½ cupful fine entire wheat flour
1½ cupfuls graham meal
½ teaspoonful soda
1 teaspoonful salt
¾ cupful halved raisins

Mix the ingredients in the order given, stirring well. Reserve ½ cupful of the flour with which to mix the raisins, adding them last. Turn into a well-oiled and floured mould, and steam two and one-half hours.

Little Fig Puddings

1 cupful milk
2 cupfuls stale bread crumbs
¾ cupful sugar
½ teaspoonful salt
2 teaspoonfuls baking powder
½ cupful flour
4 eggs
Grated rind and juice 1 lemon
½ cupful chopped suet
¾ cupful chopped figs
½ cupful chopped walnut meats

Scald the milk and crumbs together, then add the sugar, salt and lemon, and the egg yolks, well beaten. Mix together the flour, baking powder, salt, nuts and figs, then add to the first mixture. Lastly, fold in the egg whites, well beaten. Turn into individual tin or aluminum moulds or cups; set in a steamer top, cover with a piece of paraffine paper and steam an hour and a half. Serve with sweetened whipped cream and stewed or preserved figs. This amount will serve twelve people.

Little Date Puddings

3 cupfuls entire wheat flour
¾ teaspoonful salt
3½ teaspoonfuls baking powder
½ cupful sugar
1 cupful shredded dates
¼ cupful cocoanut
2 eggs
2 tablespoonfuls melted butter or oleomargarine
Grated rind and juice 1 lemon
½ cupful milk

Mix together the dry ingredients; add the dates; beat the eggs light, mix with the milk, add the lemon and pour into the flour mixture. Add the cocoanut and melted butter, beat thoroughly and turn into well-oiled custard cups or moulds. Steam an hour, and serve with a lemon sauce.

Steamed Christmas Pudding

Rhubarb Pudding With Banana Decoration

Steamed Cranberry Pudding

1 cupful milk
2 eggs
1 teaspoonful salt
¾ cupful sugar
1 cupful cranberries
3 tablespoonfuls melted butter or oleomargarine
About 3 cupfuls ground entire wheat bread crumbs

Beat the eggs with the salt and sugar, add the milk and butter, and stir in the cranberries with enough crumbs to make a drop batter. Steam an hour, and serve hot, with cranberry pudding sauce.

Steamed Blueberry Pudding

1½ tablespoonfuls lard
1 cupful granulated sugar
½ teaspoonful orange flavoring
1 egg
1 cupful milk
3 cupfuls flour
1 cupful blueberries
3 teaspoonfuls baking powder

Cream the lard, beat in the sugar and egg and add the flavoring. Sift together the flour and baking powder, add the blueberries, and add alternately with the milk to the first mixture. Pour into a well-oiled pudding mould and steam three hours. Serve with fruit, hard, or lemon sauce.

Snow Puffs

4 tablespoonfuls butter or drippings
½ cupful sugar
4 tablespoonfuls milk
½ teaspoonful orange extract
1 cupful flour
1¾ teaspoonfuls baking powder
2 egg whites

Cream the butter, beat in the sugar and mix and sift the baking powder with the flour. Add the flavoring and, alternately, the flour mixture with the milk. Lastly, fold in the egg whites, whipped dry. Turn into well-oiled moulds or custard cups and steam thirty-five minutes. Serve with any preserved fruit sauce and whipped cream, if convenient.

Steamed Chocolate Puffs

1 egg
6 tablespoonfuls sugar
Few grains salt
¼ teaspoonful cinnamon
1½ teaspoonfuls baking powder
2 squares (ounces) chocolate (melted)
3 tablespoonfuls melted butter or oleomargarine
¼ cupful milk
1 cupful flour

Separate the eggs, beat the yolks, and whip the sugar, salt and cinnamon into them. Add the chocolate and, gradually, the milk and the flour mixed and sifted with the baking powder. Lastly, fold in the egg whites, beaten stiff. Turn into well-oiled custard cups or moulds and steam thirty-five minutes. If cooked in a large mould, this must be steamed an hour. Serve with hard or foamy sauce.

Steamed Cranberry Puffs

¾ tablespoonful lard
½ cupful granulated sugar
½ teaspoonful orange flavoring
1 egg
½ cupful milk
1¾ cupfuls flour
1 cupful cranberries
3 teaspoonfuls baking powder

Cream the lard, beat in the sugar and flavoring, and mix together the flour, baking powder and cranberries. Add the latter alternately with the milk to the first mixture; turn into well-oiled custard cups and steam for thirty-five minutes. Serve with a sweet orange sauce.

Steamed Blackberry or Blueberry Puffs

Substitute blackberries or blueberries for the cranberries in the preceding recipe.

DESSERTS WITH A CAKE FOUNDATION

Orange Soufflé Pudding

Half fill a buttered baking dish or individual ramekins with bits of stale cake, preferably sponge, gold, or a mixture of plain and fruit cake. Pour over Soft Custard No. 1, which should be cold. Cover this with bits of orange, and then with a meringue. Bake twelve minutes in a slow oven.

Fruit Meringues

Cut stale sponge or plain cake in slices or rounds. Cover with halved and sweetened strawberries, sliced and sweetened peaches, stewed fresh or dried apricots, or crushed raspberries sweetened, and top with meringue. Bake the usual length of time, and serve with soft custard or a sauce of the fruit, or fruit juice thickened.

Orange Meringues

4 navel oranges
½ lemon
½ cupful water
2 egg whites
2 tablespoonfuls powdered sugar
1 tablespoonful compote juice
2 cupfuls granulated sugar
½ cupful dried apricot or any canned fruit juice
Stale cake

Separate the oranges into sections without breaking the membrane. Make a syrup of the water, sugar, apricot and lemon juices, boiling it for five minutes. Add the oranges, cover and cool. This is orange compote. Place these orange sections on sliced, stale cake, which should be well-moistened with the compote juice. Make a meringue of the egg whites, sugar and a tablespoonful of the compote juice; pile over the cake, and brown slowly, allowing ten minutes; serve cold, with additional compote as a garnish or sauce.

Banana Pudding

2 tablespoonfuls butter or oleomargarine
¼ cupful corn starch
1¼ cupfuls boiling water
Few grains salt
2 eggs
¾ cupful sugar
1 cupful banana pulp, put through a potato ricer
2 tablespoonfuls lemon juice
1 cupful stale cake crumbs
½ cupful shredded pineapple

Cream together the butter and corn starch and add to the boiling water, letting it boil up once. Cook fifteen minutes over hot water. Beat the egg yolks light, add the salt and the sugar, mixing well. Remove the skins from the bananas and put the pulp through a potato ricer. Butter a baking dish, thickly, and line with stale crumbs; then add the egg mixture and banana to the pudding, pour in the lemon juice, mix and transfer to the baking dish. Spread a thin layer of pineapple over the top and cover with a meringue made of the egg whites and 3 tablespoonfuls of powdered sugar. Set in a slow oven ten minutes to brown, and serve either hot or cold with pineapple sauce.

Cake Pudding

2 cupfuls stale cake crumbs
1 or 2 eggs
2 tablespoonfuls sugar
¼ teaspoonful any flavoring
3 cupfuls milk
Few grains salt

Let the crumbs stand in the milk ten minutes; beat slightly together the eggs, sugar and flavoring; add the salt and the milk mixture, pour into buttered custard cups or a pudding dish; stand in hot water and bake till firm in the center, about thirty minutes. Serve with cream, or chocolate, fruit or jelly sauce.

Stale cookie crumbs or "left-over" gingerbread may be used up in this way, or a mixture of the different kinds of cake and cookie crumbs gives a good result.

Baked Almond Pudding

6 macaroons
6 lady fingers
1 cupful milk
3 eggs
½ cupful shredded almonds
Few drops vanilla
⅓ cupful sugar

Pour the scalded milk over the lady fingers and macaroons. Add the flavoring, sugar, almonds and egg yolks, beaten until lemon-colored, and combine with the whites, beaten stiff. Divide into buttered ramekins and bake in a moderate oven till brown. Serve hot or cold, with whipped cream and Maraschino cherries.

Baked Gingerbread Pudding

2 cupfuls gingerbread crumbs
½ cupful brown sugar
1 teaspoonful mixed spices
1 or 2 eggs
3 cupfuls milk

Butter a baking dish. Let the crumbs stand in the milk for ten minutes, then add the sugar and the egg, beaten together with the spices. Stand in a pan of hot water and bake for forty minutes in a moderate oven. Serve with a brown sugar or caramel sauce, if desired.

Date and Nut Pudding (Mrs. W. H. Ralyea)

1 cupful walnut meats, chopped coarse
1 cupful dates, quartered
Few grains salt
2 tablespoonfuls flour
1 teaspoonful baking powder
2 eggs

Mix together the dates and walnuts; stir the baking powder into the flour; then combine with the dates and nuts. Add the beaten egg yolks and mix thoroughly. Then fold in the egg whites, whipped stiff and dry. Transfer to a shallow baking pan and bake twenty minutes in a moderate oven. Cool and cut in squares. Garnish at serving time with whipped cream sweetened and flavored with vanilla, and a few chopped nut meats, or some shredded candied cherries.

Fruit Whips and Charlottes

Fruit whips may be made to serve in two ways, either uncooked or baked. The uncooked whips may be served as an accompaniment to canned or crushed fruit of a harmonizing kind, or piled on sponge cake or lady fingers, and served with boiled custard.

Strawberry Whip

1¼ cupfuls mashed strawberries
1 cupful powdered sugar
2 egg whites

Put the ingredients in a wide bowl, and beat the mixture with a wire whisk until stiff enough to hold its shape. Serve with whipped cream in tall glasses, or surrounded with boiled custard, or on cut and sugared strawberries, or in a bowl lined with lady fingers or strips of sponge cake.

Raspberry Whip

Make according to the directions for Strawberry Whip, substituting crushed raspberries for the strawberries.

Apricot Whip

Make according to the directions for Strawberry Whip, substituting sifted canned or stewed dried apricots for the strawberries.

Apple Whip

Make according to the directions for Strawberry Whip, substituting well-sweetened apple sauce for the strawberries.

Cherry Whip

Canned cherries
2 egg whites
2 tablespoonfuls powdered sugar

Beat the egg whites and sugar together till nearly stiff, then add a fourth cupful of the cherry liquor and continue beating until it will hold its shape. Serve piled on canned cherries. Ox-heart cherries are best for this purpose.

Fig Whip

5 egg whites
1 cupful sifted or chopped fig pulp (from cooked figs)
1 tablespoonful lemon juice
5 tablespoonfuls powdered sugar
Few grains salt
¼ teaspoonful cream of tartar

Beat the egg whites stiff; mix together the sugar, salt and cream of tartar, and beat into the egg whites. Fold in the lemon juice and fig mixture; pile lightly into a buttered baking dish and bake in a moderate oven about twenty-five minutes. Serve hot or cold with additional stewed figs or cream, or sweetened sliced oranges.

Prune Whip

Substitute a cupful of the sifted or chopped pulp from cooked prunes for the figs in the preceding recipe, and proceed as directed.

Plain Charlotte Russe Filling

1 pint of heavy cream
1 egg white
⅔ cupful sugar
1 teaspoonful flavoring

Whip the cream until solid, and combine with the egg white, beaten until dry. Stir in the sugar and flavoring. If to be made in the summer, add a scant ½ teaspoonful of powdered gelatine, dissolved in cold water and melted over steam, while whipping.

Chocolate Charlotte Russe Filling

Make as above, adding 1½ tablespoonfuls of cocoa to the cream while whipping.

Blackberry Charlotte Russe

Line sherbet glasses with macaroons or lady fingers, and half-fill with slightly-crushed and well-sweetened blackberries. Heap with a plain charlotte mixture, and garnish the top of each serving with a whole blackberry.

Apple Charlotte Russe

1 cupful heavy cream
1 egg white
18 lady fingers
3 tablespoonfuls powdered sugar
½ teaspoonful vanilla
Baked apple sauce

Whip the cream until stiff, then beat the egg whites until dry, gradually whipping in the sugar. Add the extract, then combine with the cream, folding the mixtures together. Line glass cups with lady fingers or strips of sponge or angel cake; place a tablespoonful of the apple sauce in the bottom of each cup and fill with the charlotte mixture. Garnish with shredded Maraschino cherries. Serve very cold.

Pineapple Charlotte Russe

Substitute preserved pineapple for the apple sauce in the preceding recipe, and flavor the cream with orange extract.

Raspberry Charlotte Russe

6 large, round, sponge cup cakes
1 cupful heavy cream
¼ cupful powdered sugar
½ cupful raspberry juice and pulp
Whole raspberries for garnishing, mixed with 1 cupful sugar

Hollow the sponge cakes to represent baskets. Prepare the raspberry juice and pulp. Let stand with the sugar until smooth (½ hour), then begin to beat the cream. When partly beaten, add the powdered sugar and, gradually, the raspberry. Whip this into the cream until solid to the bottom of the bowl. Pile lightly into the sponge-cake "baskets" and garnish plentifully with raspberries.

May Baskets

1 cupful heavy cream
½ cupful crushed strawberries
½ cupful powdered sugar
1 teaspoonful lemon juice
Deep angel cup cakes
Whole strawberries
Strips of angelica

Add the sugar and lemon to the strawberries. Beat the cream gradually, whipping in the strawberry mixture. Hollow out the cakes, and ice them in white; make handles of the angelica, insert and fill the baskets with the cream. Serve on lace paper doilies, with a garnish of whole berries.

GENERAL DIRECTIONS FOR GELATINES, SPONGES AND BAVARIAN CREAMS

It is not at all necessary to follow cut and dried recipes in the making of gelatines, if one keeps constantly in mind the fact that a tablespoonful of powdered gelatine, dissolved in a little cold water, is enough to stiffen a pint of liquid. For a fruit gelatine the fruit flavoring should be pronounced, and the mixture should be made a little sweeter than would seem necessary,— that is, if it is tested while hot. The fruit juices should never be added to a hot liquid. To develop a gelatine into a sponge, merely reduce one-fourth the amount of liquid necessary to make a pint, adding, when cool, one or two well-beaten egg whites; then whip the whole till frothy, or add three-fourths cupful of whipped cream to make a Bavarian Cream.

In adding fruits to a gelatine, they should be stirred in after the gelatine begins to "set," or to have the consistency of an egg white. However, if the gelatine is to be moulded, and it is desirable to have a particularly attractive result, a thin layer of the gelatine mixture should be poured into the bottom of a mould, and the mould should be set in cracked ice. When this layer has stiffened, a layer of fruit should be set in place in an attractive design, and a little more gelatine should be poured over it. When this has become slightly "set," more fruit, nuts, or whatever is to be used, may be put in position. This process must be continued until the mould is complete.

A plain lemon or orange gelatine offers a splendid medium for using up odds and ends of fresh or cooked fruit. To this may be added as fancy and necessity of balancing the meal may dictate, quartered dates, broken nut meats, marshmallows, etc.

It is oftentimes a great convenience and just as economical to use commercially prepared quick gelatine mixtures that are put in packages with all the ingredients exactly prepared for instant use In selecting a gelatine of this type be sure that it is of undoubted purity, free from coal tar dye, and flavored with genuine condensed fruit juices.

TO PREPARE GELATINE MOULDS

The gelatine moulds should be rubbed lightly with olive oil before the gelatine is put in. This makes the unmoulding very easy, and obviates the necessity for hot cloths, dipping the moulds in hot water, and the like.

Lemon Jelly

2 tablespoonfuls granulated gelatine
½ cupful cold water
2½ cupfuls boiling water
1 cupful sugar
½ cupful lemon juice

Soak the gelatine five minutes in cold water; dissolve in the boiling water, strain and add to the sugar; cook, and add the lemon juice. Turn into moulds and chill. Serve with custard or stewed or sliced and sweetened fruit.

Orange Jelly

2 tablespoonfuls granulated gelatine
½ cupful cold water
1½ cupfuls orange juice
1½ cupfuls boiling water
1 cupful granulated sugar
3 tablespoonfuls lemon juice

Soak the gelatine five minutes in cold water. Dissolve in the boiling water, and add to the sugar, cool and add the fruit juices; pour into mould and let chill.

Orange and Date Jelly

Prepare the mixture for Orange Jelly, add a little nutmeg and, when beginning to congeal, stir in eight stoned and quartered dates, and the sections from two oranges.

Coffee Jelly

2 tablespoonfuls granulated gelatine
½ cupful cold water
½ cupful sugar
4 cupfuls boiling coffee
¼ teaspoonful vanilla

Soak the gelatine in cold water five minutes. Dissolve the sugar in the coffee, add to the gelatine, stir until dissolved, flavor and turn into a mould to stiffen.

Caramel Coffee Jelly

4 cupfuls boiling coffee
¾ cupful granulated sugar
¼ teaspoonful vanilla extract
2 tablespoonfuls granulated gelatine
¼ cupful cold water

Caramelize ¼ cupful of the sugar, and add to the boiling coffee. Cook until it is smooth. In the meantime, soak the gelatine in the cold water for five minutes, dissolve in the hot coffee, add the remaining sugar and vanilla and pour into moulds to chill. Let stand several hours to become firm. Unmould and serve with whipped cream.

Cider Jelly

2 tablespoonfuls granulated gelatine
¼ cupful cold water
4 tablespoonfuls lemon juice
¾ cupful sugar
3½ cupfuls sweet cider

Soften the gelatine in the water and lemon juice. Scald a little of the cider (about 1½ cupfuls), add the sugar and the gelatine. Stir until dissolved, add the remaining ingredients and pour into individual moulds to chill. Serve with roast ham, turkey, chicken or duck.

Quick Mint Jelly

2 tablespoonfuls granulated gelatine
2½ cupfuls boiling water
½ cupful cold water
1 cupful sugar
½ cupful lemon juice
1 bunch fresh mint

Chop the mint and cook rapidly for twenty minutes in the boiling water, Add the sugar and the gelatine dissolved in the cold water; cool and add the lemon juice. Strain and color green, if desired, with vegetable coloring. Let stand in individual moulds until stiff. Serve with lamb.

St. Patrick's Pudding

2 cupfuls rich pineapple syrup
½ cupful orange juice
¼ cupful lemon juice
2¾ tablespoonfuls gelatine, soaked in
3 tablespoonfuls cold water
Few grains salt
Green vegetable coloring

Make a gelatine of the above ingredients, coloring the mixture green. Place a mould in a pan of ice water and pour in the mixture ½-inch deep. When firm, set a smaller mould of the same design in place and fill with ice water. Pour gradually the remaining jelly mixture between the moulds, until it reaches within one inch of the top of the smaller mould. When stiff remove the mould and fill the space with a cream made of the following ingredients mixed in the order given:

1 cupful cream, whipped stiff
1 cupful pineapple, diced
½ cupful marrons, diced
8 marshmallows, quartered
3 tablespoonfuls powdered sugar
½ tablespoonful lemon juice
2 tablespoonfuls apricot juice

Pour in the remaining gelatine mixture to fill the mould, let set; unmould, and serve with a garnish of whipped cream and shamrock leaves cut from angelica or citron.

Spanish Cream

1½ tablespoonfuls granulated gelatine
3 cupfuls milk
3 eggs
½ cupful sugar
Few grains salt
1 teaspoonful vanilla

Soak the gelatine in the milk, then scald it; add the sugar, and beat the egg yolks slightly. Pour on this the milk mixture, return to the double boiler and cook like a custard, until slightly thickened. Remove from the heat, add the salt and flavoring and pour onto the egg whites, beaten until stiff. Then pour into individual moulds prepared as for gelatine. If to be moulded in a large receptacle, increase the amount of gelatine to 1¾ tablespoonfuls.

Caramel Spanish Cream

½ tablespoonful granulated gelatine
3 cupfuls milk
3 eggs
¼ cupful boiling water
¾ cupful sugar
Few grains salt
½ teaspoonful vanilla

Scald the gelatine with the milk. In the meantime, caramelize one-half the sugar, add the boiling water and turn into the milk mixture. Beat the egg yolks slightly, mix with the remaining sugar and the salt, pour in the milk and return to a double boiler, cooking until thickened, stirring constantly. Remove from the heat, add the vanilla and the egg whites, whipped stiff, turn into individual moulds, prepared as directed, and chill. Serve with caramel almond sauce or light cream.

Strawberry Sponge

1 tablespoonful granulated gelatine
4 tablespoonfuls cold water
6 tablespoonfuls boiling water
2 egg whites
1¼ cupfuls sugar
2 tablespoonfuls lemon juice
1¼ cupfuls mashed strawberries and juice

Soften the gelatine in the cold water for five minutes, add the hot water and set over steam until dissolved. Then add the sugar and, when cooled, the strawberry and lemon juice. Set in ice water and beat occasionally, until it begins to "set," then add the stiffly whipped egg whites and beat till almost stiff. Turn into a mould, which has been oiled as directed, let chill, unmould and garnish with sweetened whipped cream and strawberry halves.

Grape Sponge

2 tablespoonfuls granulated gelatine
½ cupful grape juice
¼ cupful lemon juice
1¼ cupfuls boiling water
2 egg whites
¾ cupful sugar

Soak the gelatine in cold water to cover for five minutes. Then dissolve the sugar in the boiling water, add the gelatine and stir over hot water until it is dissolved. Cool, and add the fruit juices. Set in cold water until it begins to congeal. Beat the egg whites light, add to the gelatine, beat thoroughly, and set aside to stiffen in a mould prepared as directed. Serve with whipped cream, and garnish with candied violets if convenient.

Coffee Sponge Cream

1½ cupfuls cold coffee
¾ cupful milk
1¼ tablespoonfuls granulated gelatine
2 eggs
⅔ cupful sugar
¼ teaspoonful salt
¼ teaspoonful vanilla

Add the gelatine, one-half the sugar and the milk to the coffee. Heat in a double boiler, then beat together the remaining sugar and the egg yolks; combine and cook, stirring constantly till it coats the spoon. Beat the egg whites stiff, add the vanilla and salt and pour in the custard mixture, beating all the time. Turn into a mould, oiled as directed, and chill. Serve with sliced bananas, or whipped cream.

Cranberry Sponge

2 tablespoonfuls granulated gelatine
½ cupful cranberry syrup
2 tablespoonfuls lemon juice
2 tablespoonfuls orange juice
½ cupful sugar
1¼ cupfuls boiling water
2 egg whites

Put the gelatine and cranberry syrup together, letting them stand five minutes. Dissolve the sugar in the boiling water, add the gelatine mixture and stir over hot water until the gelatine is dissolved. Cool and add the fruit juices. Beat the egg whites light, add to the gelatine mixture when it has begun to stiffen, and beat all briskly with an egg-beater, until fluffy and of a pale pink color. Pour into a prepared mould to stiffen, and serve surrounded with cranberry syrup containing the berries.

Coffee Sponge

2 tablespoonfuls granulated gelatine
2 cupfuls strong coffee
½ cupful sugar
¼ teaspoonful vanilla
2 egg whites
Few grains salt

Prepare a gelatine mixture of the first three ingredients. When beginning to congeal, add the egg whites beaten stiff with the vanilla and salt. Whip until cream-colored and let stiffen in a mould prepared as directed. Serve with soft custard or cream.

Snow Pudding

2 tablespoonfuls granulated gelatine
¼ cupful lemon juice
¼ cupful orange juice (optional)
1½ cupfuls boiling water
¾ cupful sugar
2 egg whites

Soak the gelatine in cold water to cover for five minutes. Add to the boiling water, stir over hot water till dissolved, if necessary, and add the sugar; then cool, turn in the fruit juices, and let "set" until of the consistency of an egg white. Beat the egg whites dry, add to the gelatine mixture and whip till white and frothy. Pour into a mould prepared as directed and let stiffen; serve with a soft custard, made with the egg yolks.

Jellied Apples

1½ tablespoonfuls granulated gelatine
½ cupful cold water
6 tart apples
2 cupfuls sugar
Juice 1 orange
Juice 1 lemon
2 cupfuls boiling water

Mix together the sugar and boiling water. Add the apples, quartered, put in a baking dish in the oven, covering closely, and bake until pink. Put the apples in a mould, add the gelatine to the apple juice, cool it and add the fruit juices, color pink, if desired, with vegetable coloring, and set aside to become firm in a mould prepared as directed. Serve with soft custard or whipped cream, flavored and sweetened.

Jellied Pears

½ pound dried pears
1 quart cold water
½ cupful sugar
Juice 1 lemon
Juice 1 orange
2 tablespoonfuls granulated gelatine soaked in
¼ cupful cold water

Soak the pears over night in the water, then cook slowly until tender, in the same water. Remove the pears and take out the cores, then cut the pulp up coarsely and return it to the syrup. Sweeten, bring to boiling point and add the gelatine; cool, add the fruit juices and pour into a mould prepared as directed. Serve with boiled custard or whipped cream.

Jellied Dried Apricots

4 cupfuls cooked dried apricots and juice, unsweetened
1 cupful sugar
2 tablespoonfuls lemon juice
2 tablespoonfuls granulated gelatine, softened in
¼ cupful water

Heat the apricots to boiling point, add the sugar and stew for ten minutes, then add the gelatine; cool and add the lemon juice. Turn into a mould, prepared as directed, let stiffen and serve with apricot whip.

Jellied Prunes

3 cupfuls cooked, stoned prunes and their juice
1½ tablespoonfuls granulated gelatine
¼ cupful cold water
2 tablespoonfuls lemon juice
Sugar to taste

Bring the prunes to boiling point, and sweeten to taste. In the meantime, soften the gelatine in the cold water and add it to the prune juice. When cool, stir in the lemon juice and pour into a prepared mould to stiffen. Serve with top milk or light cream.

Jellied Figs

Jellied Figs may be prepared according to the preceding recipe by substituting cooked figs with their juice for the prunes, and adding a tablespoonful of orange juice.

Jellied Strawberries

1 cupful strawberry juice and pulp
1 cupful halved strawberries
1 cupful boiling water
1 tablespoonful lemon juice
2 tablespoonfuls gelatine, soaked in
4 tablespoonfuls cold water
¾ cupful sugar

Add the boiling water to the soaked gelatine. Stir until dissolved, and add the sugar; cool, and add the lemon juice and strawberry juice. When beginning to set, turn in the halved berries, stir gently and pour into a mould, prepared as directed, to stiffen. Serve with cream.

Mixed Fruit Jelly

2½ tablespoonfuls granulated gelatine
½ cupful cold water
2½ cupfuls boiling water
1 cupful sugar
½ cupful lemon juice
2 slices canned pineapple (diced)
6 figs (diced)
2 whole oranges (in sections)
¾ cupful seeded and halved Malaga grapes
½ cupful candied cherries, halved

Soak the gelatine in cold water until softened. Dissolve in the boiling water, add the sugar and cool. Then add the lemon juice and strain the mixture. Oil the mould as directed, and pour in a little of the mixture; when it is slightly stiffened, arrange on it a design of orange sections, with the grapes and cherries. Pour in a little more jelly, just enough to set this in place, and, when stiff, add more fruit. Continue until all is used. Let stiffen and serve with whipped cream.

Malaga Grape Surprise

2½ tablespoonfuls granulated gelatine
2 tablespoonfuls lemon juice
1½ cupfuls grape juice
¼ cupful orange juice
2 cupfuls boiling water
1 cupful sugar
1 cupful seeded and skinned Malaga grapes

Soak the gelatine in cold water to cover five minutes. Add the boiling water and sugar, stirring until the gelatine is dissolved. Cool, and add the fruit juices. Then strain and set in a cold place. When beginning to congeal, stir the grapes in lightly, and let stiffen in high sherbet glasses. Serve with whipped cream, sweetened and flavored with orange.

Grapefruit Gelatine

1 pint boiling water
2 tablespoonfuls granulated gelatine soaked in
½ cupful cold water
1 cupful sugar
Juice 1 large grapefruit

Dissolve the gelatine in the boiling water. Add the sugar and, when cooled, the fruit juice. Strain, mould and chill. Serve with meats.

Rhubarb Gelatine

1 quart diced rhubarb
2 cupfuls sugar
2 cupfuls water
Juice and rind of 2 lemons
2 tablespoonfuls granulated gelatine, dissolved in
½ cupful cold water

Put the rhubarb in a baking dish with the sugar and water. Cover closely and bake in a slow oven till tender and pink. Strain, reserving the pulp to serve as a garnish to the gelatine. There should be one quart of liquid. Add the gelatine, and, when cooled, the lemon juice. Pour into a mould prepared as directed. Let set, and, when firm, serve with the sauce.

Plain Bavarian Cream

¾ cupful sugar
2 egg whites
½ cupful boiling water
Few grains salt
1 teaspoonful vanilla
1 cupful heavy cream
1 tablespoonful gelatine, soaked in
2 tablespoonfuls cold water

Boil the sugar and water for five minutes; then add the gelatine and turn onto the egg whites, whipped stiff, beating constantly until cold. Then fold in the vanilla and the cream, whipped stiff, and pour into a mould prepared as directed. Serve with a caramel or fruit sauce.

Orange-Rice Bavarian

3 cupfuls milk
⅓ teaspoonful salt
1¼ tablespoonfuls gelatine
1 teaspoonful orange flavoring
½ cupful chopped, candied orange peel
½ cupful uncoated rice (blanched)
½ cupful sugar
½ cupful cold water
1 cupful heavy cream, whipped

Scald the milk with the orange peel; add the rice and salt. Cook until the rice is tender. Then add the sugar and gelatine which has been soaking in ½ cupful cold water and has then been dissolved over hot water. Cool the mixture and flavor. When it begins to set, fold in the whipped cream, and turn into a mould, prepared as directed. Chill and serve with fruit compote (mixture of fresh fruits), well-sweetened.

Strawberry Bavarian Cream

2 cupfuls strawberry juice
1½ cupfuls powdered sugar
2 cupfuls heavy cream
1½ tablespoonfuls granulated gelatine soaked in
½ cupful cold water

Dissolve the gelatine over hot water. Add to the strawberry juice, and let stand until beginning to congeal. Whip the cream, beating in the sugar. Combine the mixtures, folding in the cream, and fill individual moulds prepared as directed. Let set, and serve, garnished with whole berries, with cream, or with cold orange sauce.

Raspberry Bavarian Cream

Substitute raspberries for the strawberries in the recipe for Strawberry Bavarian Cream.

Peach Bavarian Cream

2 cupfuls milk
1½ tablespoonfuls gelatine, dissolved in
½ cupful cold water
1 cupful cream
1 cupful peach pulp
½ cupful sugar
2 egg yolks
2 egg whites
1 tablespoonful lemon juice

Scald the milk, and pour slowly over the egg yolks, well-beaten and mixed with the sugar; return to a double boiler and cook till it coats the spoon. Add the gelatine and cool. Whip the cream stiff, add the egg whites, whipped dry, and fold into the custard. Add the peach pulp, which has been sweetened to taste, and the lemon juice. Pour into a mould prepared as directed, and let stiffen. Serve with additional sliced and sugared peaches.

Coffee Bavarian Cream

2½ cupfuls rich milk
4 tablespoonfuls ground coffee
2 tablespoonfuls gelatine soaked in
¼ cupful cold water
¾ cupful sugar
Few grains salt
½ teaspoonful vanilla
2 eggs
1 cupful heavy cream

Scald the coffee in the milk, and strain through a cheesecloth. Separate the eggs and beat the yolks slightly. Beat the sugar into them, add the salt, stir the mixture into the scalded milk, cooking until thickened like custard. Add the soaked gelatine and stir until dissolved, then set in cold water. Beat the egg whites light, whip the cream solid, and combine them. When the custard mixture has begun to congeal, fold in the cream mixture and the vanilla. Pour into a mould prepared as directed, and let " set " like gelatine in a cold place.

Maple Bavarian Cream

1 cupful maple syrup
4 egg yolks
1 pint heavy cream
1 tablespoonful granulated gelatine soaked in
⅓ cupful cold water

Scald the syrup and pour slowly into the beaten egg yolks, whipping constantly. Return to a double boiler and cook until the mixture will coat the spoon like custard; then add the gelatine. Put in a cool place, and, when the mixture begins to congeal, fold in the cream, and let stand till stiff in a mould prepared as directed.

Ginger Bavarian Cream

1 cupful sugar
2 egg whites
½ cupful boiling water
Few grains salt
¾ cupful preserved ginger, chopped fine
½ cupful orange juice and pulp
1 tablespoonful lemon juice
1½ cupfuls heavy cream
1½ tablespoonfuls gelatine, soaked in
2 tablespoonfuls cold water

Boil the sugar and water for five minutes. Then add the gelatine and turn onto the egg whites, beaten stiff, whipping constantly until cold. Then beat the cream stiff, gradually adding the orange and lemon and finally the ginger. Fold in the gelatine mixture, and pour the Bavarian into a prepared mould to stiffen. Serve with whipped cream, flavored with ginger syrup, and garnish with candied cherries and sliced preserved ginger.

Caramel Bavarian Cream

¾ cupful sugar
2 egg yolks, or 1 egg
½ cupful boiling water
1 teaspoonful vanilla
1½ cupfuls heavy cream
1 tablespoonful gelatine, soaked in water to cover

Caramelize ½ cupful of the sugar and add to it the boiling water; when dissolved, turn onto the egg yolks, slightly beaten and mixed with the remaining sugar, and cook until thick, like custard. Add the gelatine, and slightly chill the mixture.

When beginning to congeal, fold in the cream which has been whipped stiff with the vanilla. Pour into a mould which has been prepared as directed, and let stiffen. Serve with a garnish of browned almonds and a caramel sauce.

Banana Bavarian Cream

1½ cupfuls sifted banana pulp
1½ tablespoonfuls lemon juice
¾ cupful orange juice
¾ cupful sugar
1½ tablespoonfuls gelatine
¼ cupful cold water
1 cupful heavy cream

Soak the gelatine in cold water for five minutes and dissolve over hot water. In the meantime, put the banana through a potato ricer, and heat in a double boiler. Add the sugar to this, and then the gelatine. Cool a little and turn in the fruit juices. When beginning to congeal, whip the cream and fold into it. Pour into individual moulds, prepared as directed, and let stiffen. Serve with additional whipped cream.

Grape Juice Bavarian Cream

3 tablespoonfuls granulated gelatine
¼ cupful cold water
1 tablespoonful lemon juice
1 cupful grape juice
⅓ cupful boiling water
1½ cupfuls heavy cream
Lady fingers
Candied violets
Whipped cream for decorating

Soak the gelatine in the cold water for five minutes, add the boiling water, and, if not dissolved, set over steam until liquified. Cool a little, add the fruit juices and stand in cold water until it begins to congeal, then fold in the beaten cream. In the meantime, chill a mould. Line it with lady fingers, turn in the grape mixture, and let it stiffen. Unmould and garnish with extra cream and the candied violets.

CHAPTER XX

SWEET SAUCES

ALL MEASUREMENTS ARE LEVEL

Plain Hard Sauce

½ cupful butter
2 cupfuls sifted powdered or confectioner's sugar
½ teaspoonful vanilla
¼ teaspoonful lemon extract

Beat the butter to a cream, and, gradually, work in the sugar and flavoring.

Hard Egg Sauce

Observe the proportions used in the preceding recipe for Hard Sauce, adding a beaten egg alternately with the sugar to the mixture.

Hard Peach Sauce

½ cupful butter
1½ cupfuls sifted powdered or confectioner's sugar
1 egg white
½ cupful peach pulp and juice mixed

Beat the butter to a cream. Gradually add the sugar and the egg white, beaten stiff and dry, and work in the fruit, slowly, so that the mixture will not be curdled.

Hard Strawberry Sauce

Observe the proportions used in making Hard Peach Sauce, substituting ½ cupful of crushed and sweetened strawberries for the peach pulp.

Hard Apricot Sauce

Observe the proportions for making Hard Peach Sauce, substituting apricot pulp and juice for the peaches.

Hard Cranberry Sauce

Observe the proportions used in making Hard Peach Sauce, substituting ½ cupful of sweetened and sifted cooked cranberries for the peach juice and pulp.

Hard Brown Sugar Sauce

½ cupful butter
1 cupful brown sugar
1 teaspoonful vanilla
4 tablespoonfuls rich milk or cream

Cream the butter, add the sugar, gradually; then the milk and flavoring drop by drop to prevent separation.

Hard Ginger Sauce

½ cupful butter
1¼ cupfuls light brown sugar
Juice ½ lemon
½ teaspoonful ginger

Beat the butter to a cream. Work in the sugar and ginger, and, gradually, the lemon juice. If the latter is added rapidly, the mixture will separate.

Custard Sauce

1 cupful milk
1 egg or 2 egg yolks
2 tablespoonfuls sugar
¼ teaspoonful flavoring
Few grains salt

Scald the milk, mix together the egg and sugar, pour the milk into this and return to the double boiler, stirring till it coats the spoon. Cool, add salt and flavoring and strain if necessary.

Foamy Grape Sauce

2 egg whites
¾ cupful sifted powdered sugar
¼ cupful grape juice
Juice ½ orange
Juice ½ lemon

Beat the egg whites stiff; whip in the sugar and fruit juices and beat well. Serve at once.

Foamy Orange Sauce

Observe the proportions used in making Foamy Grape Sauce, substituting the juice and rind of a whole orange for the orange and grape juice mentioned in the Grape Sauce recipe.

Hot Foamy Sauce

1½ teaspoonfuls corn starch
½ cupful sugar
1 cupful boiling water
1 egg white
1 teaspoonful vanilla

Mix the corn starch and sugar thoroughly. Pour over this the boiling water and boil five minutes. Then pour gradually onto the egg white, beaten stiff; add the vanilla and serve hot.

Strawberry Sauce

1½ cupfuls powdered sugar
5 tablespoonfuls butter
1 egg white
1½ cupfuls crushed fresh strawberries, or drained strawberries

Beat the sugar and butter together to a cream; add the egg white, beaten stiff, then the berries and beat until well-blended.

Raspberries, loganberries, or sifted peach pulp may be substituted for the strawberries.

Hot Foamy Fruit Sauce

¾ cupful boiling water
¼ cupful jam (strawberry, peach or apricot)
1 tablespoonful lemon juice
1 egg white
¼ cupful sugar

Boil the water, jam and sugar for five minutes. Add the lemon juice, then pour gradually onto the well-beaten egg white, whipping all the time. Serve at once.

Caramel Sauce

1 cupful granulated sugar
1 cupful boiling water

Caramelize the sugar; when melted, add the boiling water and simmer for thirty minutes. Serve hot or cold. If desired, 3 tablespoonfuls of chopped hickory nuts or walnuts may be added.

Caramel Almond Sauce

Make as in the preceding recipe, adding a half cupful of shredded and toasted almonds, and a few drops of vanilla.

Marshmallow Golden Sauce

1 cupful brown sugar
1¼ cupfuls boiling water
1 cupful quartered marshmallows
Few drops vanilla

Simmer the sugar and water for twenty minutes. Then pour onto the marshmallows, beating well. Add the vanilla and serve at once.

Golden Sauce

1 cupful brown sugar
1 cupful boiling water
2 egg yolks, slightly beaten
Few drops vanilla

Simmer the sugar and water for twenty minutes. Have the egg yolks well-beaten, and turn onto them the sugar mixture, slowly, beating all the time; serve hot.

Molasses Sauce

1 cupful Barbadoes molasses
½ cupful hot water
1 tablespoonful vinegar

Boil together five minutes and serve.

Maple Sauce

1 cupful maple syrup
¼ cupful English walnut meats

Simmer the syrup till reduced one-fourth. Add the walnuts and serve hot on ice cream, or ice cold with baked custard.

Lemon Sauce

⅝ cupful sugar
1¼ cupfuls boiling water
1¼ tablespoonfuls corn starch
1½ tablespoonfuls butter
1½ tablespoonfuls lemon juice
Few grains nutmeg

Mix the sugar and corn starch together; add the water gradually; boil for five minutes, remove from the heat, and add the remaining ingredients.

Vanilla Sauce

Make according to the directions for Lemon Sauce, substituting a half teaspoonful of vanilla for the lemon juice.

Raisin Sauce

Add a fourth cupful of halved raisins to the water in Lemon Sauce, then proceed as directed.

Lemon Egg Sauce

1 tablespoonful flour
⅝ cupful sugar
1½ cupfuls boiling water
1 egg, well-beaten
1½ tablespoonfuls lemon juice

Mix the sugar and flour thoroughly in a saucepan. Add the boiling water and boil three minutes. Then add the lemon juice and pour the mixture slowly over a well-beaten egg. Serve warm.

Pineapple Sauce

½ cupful hot water
½ cupful shredded pineapple
1 teaspoonful lemon juice
1 teaspoonful butter
½ tablespoonful corn starch
¼ cupful sugar

Mix together the corn starch, butter and sugar. Add the pineapple and water mixed and boil for five minutes, stirring constantly. Then add the lemon juice and serve hot.

Raspberry Sauce

2½ cupfuls red raspberries (canned or stewed)
1 tablespoonful lemon juice
Sugar to taste
1 tablespoonful corn starch dissolved in
¼ cupful cold water

Strain off the raspberry juice, and thicken with the corn starch. There should be one cupful. Add the lemon juice, the whole raspberries and sugar, if necessary, and serve either hot or cold.

Hot Strawberry Sauce

1 cupful strawberry juice
½ tablespoonful lemon juice
½ tablespoonful corn starch
¼ to ½ cupful sugar, as needed

Mix the fruit juices and bring to boiling point. Dissolve the corn starch in a little cold water, add to the hot mixture, sweeten as needed, and let boil. Serve hot.

Hot Apricot Sauce

¾ cupful sifted apricot pulp
6 tablespoonfuls water
Sugar to make very sweet—about ¼ cupful
1 tablespoonful lemon juice

Simmer together the apricot, sugar and water for ten minutes. Add the lemon juice and serve.

Peach Sauce

2 cupfuls sliced, canned peaches and juice
Sugar to taste
1 tablespoonful corn starch
1 tablespoonful lemon juice

Heat the peach juice, thicken with the corn starch mixed with a little cold water, add the lemon and sliced peaches, and sweeten to taste. Serve either hot or cold.

Rich Chocolate Sauce

1½ cupfuls boiling water
½ cupful sugar
6 tablespoonfuls shaved chocolate or
⅓ cupful cocoa
1½ tablespoonfuls corn starch
½ cupful cold water
Few grains salt
½ teaspoonful vanilla

Boil the hot water and sugar five minutes. Mix the chocolate with the corn starch and cold water. Combine the mixtures, add the salt and boil three minutes Flavor with vanilla, and serve hot or cold.

The Beating of Cream

Every section of the country has on sale different kinds of cream, but, generally speaking, light, or single, cream, is chosen for coffee, or as an accompaniment to cereals, fruits, or desserts, while heavy, or double, cream is used for whipping.

When cream is to be whipped, it should be chilled, placed in a deep pitcher or bowl and beaten quickly with a Dover egg-beater. Care must be taken not to overbeat it, or it will turn granular, and almost to butter. A great many cream whips are on the market, but it would seem an unnecessary expense to buy one, when the work can be done so effectively with an ordinary egg-beater. If the whipped cream does not need to be very stiff, it may be diluted with one-quarter or even one-half its bulk of rich milk. Powdered or confectioner's sugar should be added half way during the beating, and the desired flavoring during the latter part.

If the cream is to stand any length of time, dissolve a scant half teaspoonful of powdered gelatine in a little cold water, steam it over hot water, cool, and stir it gradually into the cream while whipping. This is a good plan to follow when making a cream cake.

Flavoring Whipped Cream

Care must be taken not to overflavor the cream. Maraschino flavoring or a dilution of a little very strong coffee, instead of the milk, gives a delicious flavor. Melted chocolate, which has been allowed to cool, may be stirred in, together with a few drops of vanilla, or the dilution may take the form of crushed and sifted raspberries, peach pulp, fruit pulp of any other fruit desired according to the dish which it is to accompany.

Honey Whipped Cream

1 cupful heavy cream
¾ cupful honey
½ tablespoonful lemon juice

Combine the ingredients and whip until stiff.

CHAPTER XXI

FROZEN DESSERTS

ALL MEASUREMENTS ARE LEVEL

All the frozen desserts may be classified under the general term " Ices " and are either water ices or cream ices. Plain water ices consist of sugar syrups, combined with fruit juices, while sherbets are water ices, to which gelatine or whipped egg whites have been added. Cream ices include Philadelphia, custard and junket creams, milk sherbets, frozen chocolate, mousses and parfaits.

The principle underlying successful freezing is that of latent heat, or evaporation, the ice being combined with some material like salt that will cause it to melt, and thereby lower the temperature below the thirty-two degrees of the ice. This causes fluids to become solidfied by converting their watery particles to ice, and whether or not the mixture is to be smooth, coarse or grainy, or half-frozen, depends on the manner of freezing, the amount of ice and salt to be used, and whether or not they are stirred during the process.

Unless one owns an ice crusher, which costs about five dollars (and worth the price if much ice cream is made) there is no better way to crush ice than by using a wooden mallet and a canvas bag. If a small quantity is to be made, it perhaps is as easy to chip the ice with an ice pick.

Proportions of Ice and Salt for Freezing

The amount of ice and salt necessary for freezing depends upon the desired texture of the dessert being made. All ice creams, water ices and sherbets should be frozen in three parts of ice to one part of salt, by measure. Frappés, which are of coarse texture, should be frozen in equal parts of ice and salt; and mousses and parfaits, which are creams frozen without stirring, should be packed in equal parts of ice and salt. In packing cream, ices, sherbets, etc., after freezing, use four parts of ice to one part of salt, and let stand at least an hour to mould.

Freezing Creams

Fill the freezer can only three-fourths full, as the ice increases in bulk during the freezing, and, if the can is crowded, the dessert will be coarse grained. Then set the can in place, adjust the dasher and handle, and pack in layers with ice and salt, to the top, if the freezer is to be filled; just cover the mixture line, if a smaller amount is being prepared. Then set the freezer in a dish pan on a table or stool, so that it will be of convenient height, and turn the crank, slowly at first, then more rapidly, when the ice is frozen to a mush. If cream is to be frozen frequently, a stationary box of correct height with screw eyes should be arranged. The freezer should have two links attached, so that it will not be necessary to hold it during the freezing process. The water should never be drawn off, unless it is liable to overflow into the can, for it is extremely cold and is the vehicle which freezes the cream. It should freeze in fifteen to twenty minutes, if a modern freezer is used. When the cream is done, draw off the water, remove and scrape the dasher, cork the top of the can, and re-pack; then cover with sacking or old carpet to retain the cold air, and let stand to become smooth or "ripen."

Packing and Freezing Mousses and Parfaits

Dip the mould in cold water, fill with the mixture, cover with paraffine paper and press on the lid, letting the paper project. If the lid fits tight, no further sealing is necessary, but, if it is a little loose, bind the opening with adhesive tape, or smear it with lard, and bind around with a strip of cloth.

Pack in equal parts of ice and salt, packing them in layers rather than mixing together. Let stand from three to four hours to become solid.

Moulding Ices

Have the mould chilled, and pack in the frozen mixture very solidly, heaping it slightly above the edges. Cover with waxed paper, which protrudes a little over the edge, and close the mould. Bury as directed in four parts of ice to one of salt. To unmould, rinse with cold water, remove the cover, invert the mould on the service platter and let it stand exposed to the heat of the room for a few moments.

Philadelphia Ice Cream

2 cupfuls light cream, scalded	1 pint light cream, chilled
1 cupful granulated sugar	1 tablespoonful vanilla

Scald the first pint of cream and sugar together, chill, add the remaining cream, and vanilla. Freeze in three parts ice to one part salt.

Cocoa Ice Cream

Prepare the mixture for Philadelphia Ice Cream, add four tablespoonfuls of cocoa dissolved in warm water to the cream while it is cooling. Freeze as directed.

Grape-Nut Ice Cream

Prepare the mixture for Philadelphia Ice Cream, adding a cupful of grape nuts after the mixture has been entirely put together. Let chill, and freeze as directed.

Peppermint Ice Cream

Prepare the mixture for Philadelphia Ice Cream, omitting half the sugar and substituting instead ½ pound pure red and white peppermint stick candy which has been crushed to powder.

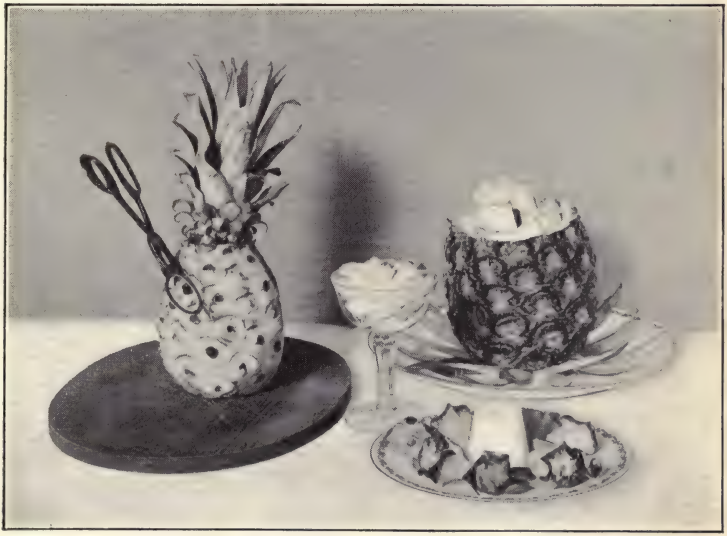
Banana Pecan Ice Cream

To the mixture for Philadelphia Ice Cream add 1½ cupfuls of finely diced banana pulp, and ¾ cupful of chopped pecan nut meats.

Philadelphia Fruit Cream

Use the above proportions, plus a pint of crushed and sifted strawberries, raspberries, peaches, cooked pineapple, or cooked apricots, which have been allowed to stand for an hour with sugar to make them sweet. In using the pineapple add a little lemon juice.

Summer Fruit Cup



Ways to Serve Pineapple

Sour Cream Ice Cream

1 quart thick sour cream
1½ cupfuls granulated sugar
1¾ cupfuls chopped, sweetened pineapple, sifted strawberries, or sieved canned apricots

Add the sugar to the fruit, let stand an hour; turn in the cream, and freeze in three parts of ice to one of salt.

CREAM ICES

French Ice Cream

3 cupfuls milk
3 eggs (separated)
1½ cupfuls sugar
¾ tablespoonful any flavoring
¼ teaspoonful salt
1 cupful heavy cream or undiluted evaporated milk

Make a custard of the egg yolks, sugar, salt and milk. Cool, add the beaten whites, and the cream and flavoring. Freeze in three parts ice to one part salt.

Ice Cream Croquettes

Prepare the mixture for French Ice Cream. Stir in two cupfuls of sifted dry macaroons, and freeze very hard in three parts of ice to one part salt. Have ready some coarsely-pounded macaroon crumbs. Scoop out the cream in pyramids or balls, roll quickly in the crumbs and serve with a sauce of sliced and sugared peaches, crushed raspberries, or strawberries, or with canned or preserved raspberries, or strawberries.

Strawberry Ice Cream I

1 quart milk
2 tablespoonfuls flour
2 eggs
1 cupful heavy cream or evaporated milk
2½ cupfuls sugar
⅛ teaspoonful salt
1½ to 2 boxes of strawberries

Scald the milk. Mix the flour in a little cold milk and add to the hot milk. Cook for ten minutes, then add the eggs and one-half the sugar beaten together; cook four minutes. Add the salt and cool. In the meantime, hull and mash the berries and mix them with the remaining sugar. When the custard is cool, add the cream and berries, and freeze in three parts ice to one part salt.

Strawberry Ice Cream II

1 quart light cream
1½ boxes strawberries
2 cupfuls milk
2 cupfuls sugar
1½ tablespoonfuls corn starch

Wash and hull the berries, sprinkle them with sugar and let stand an hour, then mash and sift. Scald 1½ cupfuls milk and mix the remaining half cup with the corn starch. Add to the hot milk and cook over hot water ten minutes or more, stirring constantly. Cool, add the cream and freeze to a mush in three parts ice to one part salt; then add the fruit and freeze till firm.

Peach Ice Cream

1 quart thin cream
1 cupful sugar
Few grains salt
2 cupfuls sifted peach pulp

Scald the cream and sugar together. Stir occasionally while cooling, add the salt and freeze to a mush in three parts ice to one part of salt. Then add the sifted peach pulp, and finish freezing.

Marshmallow Ice Cream

3 cupfuls rich milk
1½ cupfuls sugar
3 egg yolks
Few grains salt
1 cupful heavy cream or undiluted evaporated milk
½ pound marshmallows cut in quarters
1 teaspoonful vanilla

Scald the milk. Beat the egg yolks and mix them with the sugar, add to the milk and cook over hot water, until the mixture coats the spoon, stirring constantly. Cool, pour in the cream, add the salt and flavoring and freeze in three parts ice to one part salt, till mushy. Then add the marshmallows and finish freezing. Serve with a garnish of whipped cream and shredded candied cherries.

Frozen Pudding

3 egg yolks
2 cupfuls water
¾ cupful chopped, candied fruit
1 tablespoonful vanilla
1 teaspoonful almond extract
½ teaspoonful lemon extract
2 cupfuls heavy cream or undiluted evaporated milk
1 cupful sugar
¼ cupful nuts (almonds, English walnuts or pistachio nuts) blanched and chopped

Beat the egg yolks till light. Make a syrup of the sugar and water by boiling them together for five minutes. Pour this hot syrup onto the yolks, place over hot water and beat two minutes. Stand the mixture in cold water and beat till cold, then add the cream and flavoring and freeze to a mush in three parts ice to one part salt; stir in the fruit and nuts and freeze solid.

Junket Ice Cream

1 junket tablet dissolved in
1 tablespoonful cold water
1¼ cupfuls sugar
1 tablespoonful vanilla
1 quart milk
1 pint heavy cream or undiluted evaporated milk

Heat the milk with the sugar till lukewarm. Remove from the heat, stir in the dissolved tablet and flavoring, and let stand undisturbed until slightly "set." Add the cream and freeze in three parts ice to one part salt.

Frozen Whipped Cream

1½ cupfuls heavy cream
½ cupful powdered sugar
Few drops vanilla
1 cupful marshmallows cut in bits
¾ cupful English walnut meats

Beat the cream till nearly stiff, add the marshmallows and sugar and continue beating. Then add the flavoring and nut meats and pack in equal parts of ice and salt one hour.

Pistachio Ice Cream

1 pint hot milk
2 eggs
2 teaspoonfuls almond flavoring
1 cupful sugar
⅛ teaspoonful salt
1 pint cream or undiluted evaporated milk

Scald the milk. Separate the eggs and mix the yolks, salt and sugar together. Add to the milk and stir over hot water till thickened. Remove from the heat, cool, flavor, beat in the whipped egg whites, and add the cream. Freeze in three parts ice to one part salt.

Christmas Ice Cream Eclairs

Frost éclair shells with white icing, and decorate the tops with red candies and holly leaves cut from angelica or citron. Split the éclairs, insert strips of pistachio ice cream cut from a brick, set on the top layers, and serve with preserved red cherries or Maraschino cherries.

Maple Ice Cream

4 egg yolks, beaten thick
1½ cupfuls maple syrup
1 pint heavy cream

Beat the egg yolks till thick, heat the maple syrup, pour onto the egg yolks and cook in a double boiler until thickened. Cool, add the cream, and freeze in three parts ice to one part salt.

Serve with the following sauce:

½ cupful cream, whipped
¾ cupful marshmallows, quartered
Sugar to taste
¼ cupful English walnuts broken in bits

Mix well, and pack in ice and salt two hours.

Frozen Ginger Whipped Cream

1 cupful heavy cream
¼ cupful powdered sugar
Few drops lemon extract
¼ cupful finely-chopped candied ginger

Beat the cream and sugar together, add the ginger and flavoring, pack in equal parts of ice and salt for one hour.

Frozen Chocolate

2½ squares (ounces) chocolate
1½ cupfuls sugar
Few grains salt
1½ cupfuls boiling water
4 cupfuls rich milk
½ teaspoonful vanilla
½ teaspoonful cinnamon

Scald the milk. Melt the chocolate in the hot water, boil two minutes, flavor, then add to the milk with the remaining ingredients. Cool and freeze in three parts ice to one part salt; serve in chocolate cups. Garnish with half-frozen whipped cream, well-sweetened, and into which has been mixed quartered marshmallows, a little cocoanut and a few coarsely-chopped nut meats. Sprinkle each serving with bits of angelica and candied cherries, if convenient.

Chocolate Ice Cream

3 cupfuls milk
1 cupful cream or undiluted evaporated milk
2 eggs
2 squares chocolate
1½ cupfuls sugar
⅛ teaspoonful salt
1½ tablespoonfuls vanilla

Scrape the chocolate, add to the milk in a double boiler and cook until the chocolate is melted, stirring occasionally. Then pour onto the eggs, sugar, salt and vanilla, beaten together; chill, add the cream and freeze in three parts ice to one part salt.

Caramel Ice Cream

1 quart milk
1¼ cupfuls sugar
⅛ teaspoonful salt
2 tablespoonfuls flour
3 egg yolks
1½ tablespoonfuls vanilla
1 cupful heavy cream, or undiluted evaporated milk

Caramelize ⅔ cupful of the sugar. Scald the milk; combine with the caramel and cook until the latter is liquid again. Mix together the remaining sugar, the flour, salt and ½ cupful of milk or water until smooth. Add to the hot milk and cook twenty minutes, stirring constantly. Beat the egg yolks, add to these part of the milk, stir well and return to the double boiler. Stir and cook two minutes. Strain and cool; then add the cream and flavoring. Freeze in three parts ice to one part salt.

Caramel Almond Ice Cream

1 pint milk
3 eggs
1¼ cupfuls sugar
1 teaspoonful vanilla
1 cupful browned almonds, chopped fine
1 pint cream

Caramelize one-half the sugar and add the milk to it. Let cook slowly till the caramel is dissolved, then add the remaining sugar mixed with the egg yolks, well-beaten. Set over hot water and cook until the spoon is coated — as in a custard — and cool. Flavor, add the cream and the egg whites, well-beaten. Freeze in three parts ice to one part salt. When half done, stir in the almonds and finish freezing. The almonds should be blanched, then browned slightly in a very slow oven.

Coffee Ice Cream

4 cupfuls milk
2 eggs
1½ cupfuls granulated sugar
1 pint cream or undiluted evaporated milk
6 tablespoonfuls ground coffee
1 tablespoonful corn starch
1 teaspoonful vanilla

Scald the coffee in the milk, strain through cheesecloth, and add to the eggs, corn starch and sugar, well mixed together. Return to the double boiler and cook until thick, like custard; cool, add the vanilla, a few grains of salt, and the cream, and freeze in three parts ice to one part salt.

Baked Apple Sauce Ice Cream

1 pint sifted baked apple sauce
1 pint heavy cream
Sugar as needed

Combine the apple sauce and cream, add sugar if necessary to make very sweet, and freeze in three parts ice to one part salt.

Banana Custard (Half-frozen)

1 quart milk
½ cupful sugar
2 tablespoonfuls flour
Few grains salt
4 egg yolks, or 2 whole eggs
1 teaspoonful orange extract
Sifted banana pulp

Prepare the custard mixture as for Floating Island, flavoring it with orange extract. Chill and add from one to one and a half cupfuls of sifted banana pulp. Pack in equal parts of ice and salt for an hour, stirring occasionally. Serve in frappé glasses.

Frozen Peaches and Cream

1 quart sifted rice peaches
1 cupful sugar
1 cupful heavy cream

Combine the ingredients and freeze in three parts ice to one part salt.

WATER ICES, SHERBETS AND FRAPPÉS

Orange Ice

2 cupfuls sugar
4 cupfuls water
3 tablespoonfuls lemon juice
2½ cupfuls orange juice
Grated rind of 1 orange

Boil the sugar and water together for five minutes. Cool, add the fruit juices and orange rind and let stand an hour. Strain, then freeze in three parts ice to one part salt.

Lemon Ice

4½ cupfuls water
2¼ cupfuls sugar
¾ cupful lemon juice

Boil the sugar and water together for five minutes. Cool, add the lemon juice and freeze in three parts ice to one part salt.

Lemon Sherbet

Make as in preceding recipe for Lemon Ice, adding 2 teaspoonfuls granulated gelatine, which has been allowed to stand in cold water to cover, to the hot syrup.

Currant Ice

1 quart red currants
2 cupfuls sugar
2 cupfuls hot water

Stem and wash the fruit, then mash, add the water and boil gently till soft. Strain, add the sugar and stir over heat till melted; then cool and freeze in three parts ice to one part salt. Serve garnished with the whole berries strewn over each serving.

Raspberry Ice

Substitute red raspberries for the currants in the preceding recipe.

Apricot Ice

1 quart canned apricots
1 quart boiling water
2 cupfuls sugar
Juice 2 lemons

Chop the apricots very fine and add the juice. Dissolve the sugar in the boiling water, cool, and add to the apricots with the lemon juice. Freeze in three parts ice to one part salt.

Strawberry Ice

4 cupfuls water
1¾ cupfuls sugar
1½ tablespoonfuls lemon juice
2½ cupfuls strawberry juice

Boil the sugar and water together ten minutes. Cool, add the fruit juices and freeze in three parts ice to one part salt.

Grape Juice Ice

1 pint grape juice
Juice 2 lemons
2 cupfuls sugar
Juice 2 oranges
1 quart water

Boil the sugar and water five minutes. Cool, add the fruit juices, strain and freeze in three parts ice to one part salt.

Ginger Sherbet

4 cupfuls water
1 cupful sugar
¼ cupful lemon juice
¾ cupful chopped preserved ginger
½ cupful orange juice

Add the water and sugar to the ginger; boil ten minutes; cool, add the fruit juices, strain and freeze in three parts ice to one part salt. This quantity will serve twelve persons.

Lemon Milk Sherbet

4 cupfuls milk
3 lemons
1¾ cupfuls sugar

Mix the lemon juice and sugar together, add the milk very slowly and freeze in three parts ice to one part salt.

Pineapple Sherbet

3 cupfuls water
1 cupful sugar
½ teaspoonful gelatine (granulated)
2 egg whites
1½ cupfuls grated canned pineapple
Juice 1 lemon

Put the sugar and water in saucepan and bring to boiling point. Soak the gelatine in water to cover, five minutes. Add to the hot syrup, and cool; then add the egg whites, well-beaten, and the pineapple and lemon. Freeze in three parts ice to one part salt. Fresh pineapple may be used. In this case, add more sugar as judgment may dictate.

Peach and Blood Orange Sherbet

3 cupfuls boiling water
1 pint canned peaches
⅓ cupful lemon juice
2 cupfuls sugar
1⅓ cupfuls juice of blood oranges

Heat the peaches in their liquor to boiling point; add the sugar, stir till dissolved, and rub through a sieve; add the boiling water, cool, stir in the fruit juices and freeze to a mush in three parts ice to one part salt.

Raspberry Sherbet

1 quart raspberries
1½ cupfuls sugar
2 cupfuls water
2 tablespoonfuls lemon juice
2 egg whites

Pick over and crush the raspberries; add one-half the sugar and let stand an hour. Boil together the remaining sugar and the water for five minutes. Cool, add the lemon and strained raspberry juice, and freeze in three parts ice to one part salt. When half-frozen, stir in the egg whites and finish freezing.

Rhubarb Sherbet

2 pounds rhubarb
2½ cupfuls sugar
2 cupfuls water
2 tablespoonfuls lemon juice
4 tablespoonfuls chopped preserved ginger
1 teaspoonful granulated gelatine

Cut the rhubarb in small pieces, but do not remove the skin. Add the water, ginger, and sugar and bake until pink in a casserole. Add the gelatine softened in water to cover. Stir until dissolved, strain, cool and add the lemon juice. Freeze in three parts ice to one part salt.

Grapefruit Sherbet

1 quart water
2 cupfuls sugar
1 pint grapefruit juice
Juice 1 lemon
½ tablespoonful gelatine soaked 5 minutes in water to cover

Boil the water and sugar five minutes without stirring. Add the gelatine, cool the mixture, then add the strained fruit juice; freeze in three parts ice to one part salt. Garnish each serving with shredded candied cherries and bits of angelica if convenient.

Grape Sherbet

1½ cupfuls grape juice
1 cupful boiling water
2 teaspoonfuls granulated gelatine
1½ cupfuls sugar
1 cupful pineapple or grapefruit juice
½ cupful orange juice

Soak the gelatine five minutes in water to cover; add boiling water and sugar, stir until dissolved, cool and then add fruit juices. Cool and freeze in three parts ice to one part salt.

Cranberry Frappé

1 quart cranberries
2 cupfuls water
2½ cupfuls sugar
Juice 2 lemons
Juice 2 oranges

Boil the cranberries and water together for ten minutes. Then strain and add the sugar. Cool, add the fruit juices, and freeze to a mush in equal parts of ice and salt.

Ginger Ale Frappé

1 quart bottle ginger ale
Juice 2 lemons
Juice 4 oranges
¾ cupful powdered sugar
¼ cupful minced Maraschino cherries
1 tablespoonful minced fresh mint

Mix thoroughly and freeze in equal parts of ice and salt. Decorate with shredded Maraschino cherries and sprigs of mint for serving.

Apricot Sorbet

1 quart can of apricots
1½ cupfuls sugar
2 cupfuls apple juice or juice from baked apples
Juice 1 orange
Juice 1 lemon
1 cupful hot water

Drain the apricots and rub through a sieve. Dissolve the sugar in the hot water; add the other ingredients to the apricots, juice and pulp, and freeze in three parts ice to one part salt.

Frozen Strawberries

1 quart berries, mashed
2¼ cupfuls granulated sugar
1 cupful warm water

Mix the berries and sugar. Add the water and let stand two hours to extract the juice. Then freeze in three parts ice to one part salt.

Dried Apricot Ice

1 pound dried apricots
1½ quarts warm water
1¾ cupfuls sugar
Juice 3 lemons
Juice 1 orange

Soak the apricots, as usual, in the water. Add the sugar and cook, taking care that the fruit is not broken; plan so that there is a quantity of liquor remaining when the fruit is done. If the water seems to be too greatly absorbed, add enough to make up the balance during the cooking. Strain off the juice, chill it, add the fruit juices and freeze in three parts ice to one part salt. Serve in high glasses, partly filled with the cooked fruit, and garnish with candied orange peel.

Coffee Frappé

4 cupfuls clear, hot coffee
Few grains salt
1 egg white
1 cupful sugar
½ teaspoonful vanilla

Dissolve the sugar and salt in the coffee. Chill, add the vanilla and the egg white, beaten light, and freeze in equal parts of ice and salt.

Serve in frappé glasses with or without whipped cream. A few nut meats sprinkled on the cream piled on each glass is an addition when the frappé is used as a dessert. The egg white may be omitted, if not convenient.

Cider Frappé

1⅓ cupfuls sugar
3 cupfuls water
½ cupful lemon juice
1 quart sweet cider
1½ cupfuls sifted baked apple sauce

Make a syrup by boiling the sugar and water five minutes. Add the cider, apple sauce and lemon juice. Cool, strain and freeze to a mush in equal parts of ice and salt.

Mint Frappé

1 quart water
2 cupfuls sugar
½ cupful lemon juice
2 bunches mint
½ tablespoonful granulated gelatine

Pick the mint leaves from the stems, add to the water and sugar and boil for ten minutes. Strain; add the gelatine which should have been previously softened in 2 tablespoonfuls of cold water. Cool, add the lemon juice. Strain and color green, if desired, with vegetable coloring. Freeze in equal parts of ice and salt.

MOUSSES AND PARFAITS

Maple Parfait

4 egg yolks
1 pint heavy cream
2 cupfuls heated maple syrup

Beat the egg yolks until light, then stir in the hot syrup. Pour into a double boiler, and cook until the mixture coats a spoon. Cool, and fold in the cream, whipped. Pour in a mould, seal and pack in equal quantities of ice and salt for four hours, according to general directions.

Fig Parfait

¼ pound figs, soaked over night in water to barely cover
1 tablespoonful lemon juice
1 tablespoonful orange juice
1 cupful granulated sugar
½ cupful boiling water
4 egg yolks
2 cupfuls heavy cream

Boil the sugar and water until it threads. Beat the egg yolks light, then pour this syrup slowly onto them. Return to a double boiler and stir until the mixture coats the spoon. Remove and chill. In the meantime, the figs should have been cooked slowly for two hours in the water in which they were soaked, removed from the liquor and rubbed through a sieve. Add the fruit juices to the cream, beat until half-firm, and whip in the fig mixture. Combine the parfait custard with this and pour into the mould. Seal and pack in equal parts of ice and salt for four hours, according to general directions. Serve with sliced orange sections, or a compote of oranges.

Snow Parfait

1 cupful granulated sugar
¼ cupful boiling water
1 egg white
2 teaspoonfuls vanilla extract
1 pint heavy cream

Boil the water and sugar until it spins a short thread, then pour slowly into the beaten egg white. Cool the mixture. Whip the cream and vanilla, stiff, and combine. Turn into a mould, seal and let stand in equal parts of ice and salt for four hours as in general directions.

Pineapple Parfait

1 cupful pineapple syrup
2 egg yolks
Few gratings lemon rind
⅔ cupful sugar
1 pint heavy cream

Beat together the sugar and egg yolks. Stir in the pineapple syrup, which should be heated, and cook over boiling water until slightly thickened. Cool, add the lemon and combine with the cream, whipped stiff. Pack in a mould, as directed, and freeze in equal parts of ice and salt for four hours. If desired, the mould may be garnished with half slices of canned pineapple.

Garden Parfait

1 teaspoonful granulated gelatine
¼ cupful cold water
¾ cupful rich grape juice
½ teaspoonful lemon juice
1 cupful sugar
1 pint heavy cream

Let the gelatine stand in the cold water for five minutes and then dissolve over steam. Add the grape juice, together with the sugar and lemon, and let stand until the sugar is thoroughly dissolved. When the whole is well-chilled, fold it into the cream, whipped stiff. Pack into a mould, seal and bury in equal parts of ice and salt for four hours as in general directions. For serving, unmould and garnish with candied violets and leaves cut from angelica, placed as though they were growing. Garnish further with whipped cream if desired.

Caramel Parfait

1 cupful sugar
2 egg yolks
½ cupful boiling water
1 teaspoonful vanilla
1½ cupfuls heavy cream
½ tablespoonful granulated gelatine, soaked in water to cover

Caramelize one-half of the sugar; add carefully to it the boiling water, and, after it has dissolved again, turn it onto the egg yolks, which have been beaten with the remaining sugar. Cook over hot water until thick like custard, add the gelatine which has soaked at least five minutes, and chill the mixture until it is slightly stiffened. Whip the cream solid with the vanilla; fold it gently into the caramel mixture and pour into a mould. Seal, and pack in equal parts of ice and salt for four hours, according to the general directions.

Coffee Parfait

4 egg yolks
1 cupful sugar
¼ cupful water
½ teaspoonful vanilla
½ cupful very strong coffee
2 cupfuls heavy cream

Boil the sugar and water five minutes, then pour slowly onto the egg yolks, beaten very light; return to the double boiler, and cook until the mixture coats a spoon. Beat until cold, then add the coffee and vanilla, and whip into the cream, beaten until nearly solid. Turn into a mould, seal and pack in equal parts ice and salt for four hours according to the general directions. Serve with whipped cream and Maraschino cherries, or a garnish of tiny meringues.

Christmas Bombe

Line a quart brick mould with very white vanilla ice cream. Fill in the hollow with strawberry mousse, and cover over with the cream, then freeze for three hours in equal parts of ice and salt. Unmould upon an ice cream platter, arrange candied cherries and angelica leaves and stems to simulate holly, and, if convenient, serve surrounded with tiny meringues, colored a delicate green, and strewn with shredded candied cherries just before baking.

Macaroon Bisque

2 cupfuls heavy cream
3 eggs
½ cupful sugar
½ cupful hot water
1½ cupfuls macaroon crumbs
½ teaspoonful vanilla extract
½ teaspoonful lemon extract

Beat the eggs separately, then together. Make a syrup of the water and sugar, boiling until it forms a soft ball when dropped in cold water. Stir this into the beaten eggs, whipping constantly. Cool this mixture; then beat the cream, stir in the macaroon crumbs and flavoring, and pour in the syrup slowly. Put in a mould, seal and pack in equal parts of ice and salt for four hours according to the general directions. Garnish with macaroons, strips of angelica and Maraschino cherries.

Nougat Mousse

2 cupfuls heavy cream
¾ cupful powdered sugar
⅛ teaspoonful salt
½ cupful quartered marshmallows
½ teaspoonful vanilla extract
1 teaspoonful vanilla
½ cupful chopped almonds
¼ cupful chopped pistachio nuts

Add the salt and sugar to the cream and beat until solid, fold in the nuts, marshmallows and flavoring; pour into the mould, seal, and pack in equal parts of ice and salt for four hours according to the general directions.

Orange Nut Mousse

Juice 4 oranges
Juice 2 lemons
1 pint heavy cream
Powdered sugar to taste, about 1½ cupfuls
1 cupful chopped walnut meats

Whip the cream, add the fruit juices, gradually, sweeten and stir in the nuts. Pour in a mould, seal, and pack in equal parts of ice and salt for four hours according to the general directions.

Chocolate Mousse

2 squares (ounces) chocolate
½ cupful milk
¼ inch stick cinnamon
Few grains salt
1 teaspoonful vanilla
1 pint heavy cream
¾ cupful sugar

Shave the chocolate and add to the milk with the cinnamon and sugar. Put over hot water and melt the chocolate; then cool, add the salt and vanilla and fold into the cream, whipped. Pour into a mould, seal and pack in equal parts of ice and salt for four hours as directed.

Strawberry Mousse

2 cupfuls heavy cream
¾ cupful powdered sugar
¼ teaspoonful salt
1 cupful strawberry juice and sifted pulp
1 teaspoonful lemon juice

Add the lemon juice and sugar to the strawberries. Beat the cream, whipping the strawberry juice in slowly; when all is in, turn into a mould, seal and bury in equal quantities of ice and salt for four hours, according to the general directions.

Unmould and serve with chilled whipped cream and garnish with whole berries. If the berries are very tart, add more sugar.

SUNDAES OR COLLEGE ICES

Sundaes may be easily made at home from a foundation cream, at much less expense than when purchased at a soda fountain. The number is legion, the limit to imagination alone curtailing the varieties that may be made.

The following combinations may prove useful in suggesting various types which may be easily and quickly prepared. They are usually served in sherbert or frappé glasses. These may be procured as low as ten cents apiece in various styles.

Chocolate Sundae

Vanilla ice cream, chocolate sauce, hot or cold, or chocolate syrup.

Chocolate Nut Sundae

Add chopped walnuts or hickory nuts to the chocolate sauce just before using on vanilla ice cream.

Chocolate Peppermint Sundae

Vanilla ice cream and chocolate sauce, the latter flavored sparingly with essence of peppermint.

Maple Sundae

Pour maple sauce over vanilla ice cream.

Maple Nut Sundae

Add chopped hickory nuts, walnut meats, or chopped pecans to the syrup used in making maple sundae. Or sprinkle vanilla ice cream thickly with fresh-scraped new maple sugar and chopped nut meats in equal proportions.

Caramel Marshmallow Sundae

Prepare caramel sauce, adding the marshmallows while hot. Pour hot over vanilla ice cream.

Apple Sauce Sundae

Vanilla ice cream, baked apple sauce, and whipped cream, topped with a candied cherry.

Baked Apple Sundae

Peeled apples halved and baked in syrup; vanilla ice cream, whipped cream, and a sprinkling of candied orange peel.

Charlotte Russe Sundae

Line deep sherbet glasses with halved lady fingers, and put in a tablespoonful of preserved strawberries or raspberries, or of crushed and sweetened fresh fruit. Top with vanilla or chocolate ice cream, or strawberry ice cream, and garnish with whipped cream.

Orange Marmalade Sundae

Vanilla ice cream, with orange marmalade, not too bitter, slightly melted and poured over the top.

Banana Sundae

Peel bananas and split lengthwise; sprinkle with powdered sugar and a little orange juice; arrange on a plate together with two or three spoonfuls of vanilla ice cream and pour over preserved strawberries or raspberries, or sweetened crushed fruit. Whipped cream may be added if desired.

Sponge Cake Sundae

Bake sponge cake in individual pans. Allow one cake to each person. Place in the center of a plate; pour over hot chocolate sauce, and place a small spoonful of vanilla ice cream on each side.

Fudge Sundae

Vanilla ice cream with fudge sauce poured over while hot. To keep fudge sauce for some time, put it in a chafing dish and thin it occasionally with a little rich milk or cream so that it will not become stiff. For the sauce, use the fudge frosting recipe.

Daisy Sundae

Chocolate ice cream, packed into sherbet glasses and garnished with shredded almonds, and yellow candies to simulate daisy centres.

Rose Cup

Pistachio ice cream and vanilla ice cream arranged so that they will fill a sherbet glass — one side white and the other green — tracing the dividing line with candied rose leaves; serve on doily-covered plates, each one garnished with a pink rose.

Ginger Sundae

Orange ice cream or orange nut mousse, sprinkled with chopped preserved ginger and a little of the syrup.

Maple Cocoanut Sundae

Maple ice cream sprinkled with cocoanut and a little maple syrup, or whipped cream.

Violet Cup

Nougat mousse with a garnish of whipped cream and candied violets.

Frozen Strawberry Sundae

Half fill sherbet glasses with a mixture of equal parts of cubed canned pineapple, diced oranges and halved strawberries, well-sweetened. Top with the mixture for Frozen Strawberries, or Strawberry Ice.

Stuffed Peach Sundae

Chill canned peaches, and fill the hollows with raspberry jam. Half fill sherbet glasses with French ice cream, put in the peach halves, curved sides up, and top with whipped cream. Garnish with shredded candied cherries.

Figolette Sundae

2 cupfuls water
¾ cupful sugar
¾ cupful chopped figs
½ cupful chopped walnuts
¼ cupful maple syrup
Vanilla ice cream

Boil together the sugar, water and figs for fifteen minutes, then add the maple syrup, and, when cold, the walnuts. Serve on individual portions of ice cream.

Raisiné Sundae

2 cupfuls water
½ cupful chopped, seeded raisins
¾ cupful sugar
Grating lemon rind
1 cupful cubed canned pears
Orange or vanilla ice cream

Boil together the water, raisins and sugar about fifteen minutes; add the lemon rind and pears. Let stand to become very cold. Arrange small portions of ice cream in individual serving glasses, put a heaping tablespoonful of the mixture over each, and serve garnished with a tiny cluster of raisins.

Cream Puff Surprise

Fill cream puffs with vanilla ice cream, and pour over hot fudge sauce.

CHAPTER XXII

CAKE

ALL MEASUREMENTS ARE LEVEL

Cake unfortunately is used in the menu more as an accessory than a food, and is often the last morsel of the meal that overtaxes an already overburdened digestive system. This is undoubtedly the reason why many persons feel that they cannot eat it. When made with fat, it will take longer to digest than when made without; but this is no reason why anyone with normal digestion should not eat cake, provided it does not destroy the balance of the menu. It is largely made up of carbohydrates, as sugar and flour, which are energy makers. The ordinary loaf, therefore, which contains only one or two eggs to represent the proteins, must be classified as a heat maker, and, when it is used, especially if covered with a thick icing, it should not be accompanied by a second sweet for dessert. However, if very rich in eggs, as are sponge and angel cake, or in nuts, it may be used as a supplement to the proteins of the meal.

Preparation of Utensils

It is easy to make good cake, if care is exercised. Choose a reliable recipe and read it carefully. Be sure that all the necessary ingredients are at hand, and that the process of putting the mixture together is thoroughly understood,— for this has much to do with the texture of the finished product. Then prepare the pans. In making any loaf cake containing fat, the bottom of the pan should be lined with paper — not a scrap from the dry-goods bundle which has passed through many hands of questionable cleanliness, but a fresh piece from a supply kept for the purpose. Better still, purchase the "stickless" vegetable parchment papers. In making layer or cup cakes, the pans should be merely oiled, and then dusted with flour to form a thin film. Butter should never be used for oiling pans, as it burns readily, and imparts a conspicuously salty, fried taste to the outside of the cake. Either lard or a reliable vegetable fat is a much better choice. A little basket of clean scraps of paper hung near the cooking table will make the oiling of the pans easy.

Many experts suggest as the next step the measuring of all ingredients before mixing, but I have yet to find a practical housewife who will do this; the objection being that it means the use of unnecessary dishes. However, all the things should be placed on the cooking table to facilitate the mixing. The heavy stone cake bowl, beloved by many housewives, is strictly taboo in my kitchen, because it is clumsy and hard to handle; a far better choice is a good-sized saucepan, of suitable depth, with a rounded bottom, the handle being a great help in holding the utensil firmly while creaming the butter and beating the batter. A wooden spoon, spatula shape, is the most adequate tool for the mixing, because of its long handle, lightness, and the fact that it is almost noiseless.

Putting the Cake Together

Having prepared the pan, assembled the ingredients, and chosen the mixing utensils, the next step is to *sit down* and measure out the fat. If the fat is very hard, the mixing pan may be rinsed with boiling water, dried, and the fat broken in pieces and left there to soften, but it should never be melted unless specified in the recipe, and then it should be cooled before being added to the cake.

Measure the liquid required in the cup which was used for the fat. The flour should be sifted onto a good-sized piece of paper, then measured, and the excess put back into the flour receptacle. Put the measured flour on another piece of paper, together with the salt (for a little salt is indispensable in every cake, whether or not butter is used), and the baking powder, or the combination of soda and cream of tartar, or soda alone, according to the requirements. Spices should also be added to this mixture, and, if nuts or fruit are called for; they should be thoroughly blended with the flour. It is not necessary to add extra flour to them. By this time the gas oven should be lighted (allowing ten minutes for it to heat), unless it has a direct heat action, while a wood or coal oven should have been brought to the right temperature. Now the fat will be sufficiently softened by the heat in the room to be easily creamed. It should be stirred until as soft as cold cream, and then the sugar should be beaten in until all grainy texture is lost. It does not take any longer to do this than it does to put the sugar and the fat together in the first place and try to smooth out the lumps. The next step, if whole eggs are to be used, is to beat and add them to this mixture. Melted chocolate or cocoa should be added at this time. If the eggs are separated, the whites are usually folded in last, after being beaten stiff, since they act as part of the leavening. If a cake of very solid texture is desired, the eggs may be creamed in, one at a time, without being beaten.

Now add the flavoring, and be sure that enough is put in to give the cake a distinctive taste. Sometimes, a blend may be used to give variety, as a few drops of vanilla, half the amount of orange, and a drop or two of almond extract. Or the cake may have its own characteristic flavoring, as caramel, chocolate, or coffee, when the amount of extra flavoring must be very sparingly used, in order to augment, and not overbalance, the desired taste. Lemon or orange rind may be added, or, better still, a few drops of the new orange or lemon oil. After this the flour mixture and the liquid should be added alternately, beginning with the flour, to prevent the re-congealing of the fat, which takes place when the cold liquid is added first. The more the cake is beaten at this time the finer-grained it will be. As soon as the mixing process is completed the cake should be poured into the pan.

Putting the Cake into the Pan

The batter should be so thick that it is necessary to spread it, and it should be made a little higher on the edges and at the corners than in the center, so that the cake, when baked, will be level. If this is not done, it bakes more quickly at the edges, since it takes the heat longer to penetrate to the middle, therefore causing a slower expansion of the gas formed in the cake, with the familiar "mountainous ridge" result. This ridge is sometimes caused by too much flour, but, as a general rule, it is due to the carelessness in putting the mixture into the pans for baking. Sogginess is usually caused by too little flour, too much sugar, too much fat, or undercooking.

Baking Cake

The proper oven temperature depends upon the kind of cake to be baked; for fruit cake, or a rich wedding cake, demanding two or more hours' cooking, the oven should be very slow, about 225 degrees F. For sponge or angel cake the temperature should be higher, about 300 degrees F.; for loaf cake about 350 degrees F., and for layer and cup cakes 375 degrees F. In using gas a small pan of cold water, or a pan of custard surrounded by water, or some apples to bake, should be put in along with the cake to provide a more moist heat.

During the first quarter of the time the cake should rise, little bubbles appearing all over the top. It may be moved as desired during this period. During the second quarter of the baking time it should rise to its full height and brown in spots. During the third quarter it should brown all over, and, during the last, it stops steaming, shrinks away from the sides of the pan, and rebounds when lightly touched. If it is necessary to use a still further test, plunge a common steel hat pin or knitting-needle into the cake; if it comes out free of dough, the cake is done. The cake should be allowed to stand for at least five minutes, after removing from the oven, before being turned from the pan, and should cool on a wire cake rack, so that there will be a circulation of air about it. If a boiled icing is to be used, it should be put on the cake after it has cooled; an uncooked icing may be spread on a warm or cold cake. Although a frosting adds to the deliciousness of the cake, there are many times when it may be omitted, the cake fitting into the meal to better advantage without it.

The Choice of Ingredients

The choice of flour has its effect on the cake; a good winter wheat or pastry flour gives a much more tender texture than bread flour because it contains less gluten. Good butter lends a peculiar richness, when used in large quantities, as in making pound cake. But, generally speaking, oleomargarine may be used in precisely the same quantities as butter; lard and beef fat in half the quantity of butter; and the vegetable oils and chicken fat in about two-thirds the proportion of butter. All of these give good results, provided the cake is carefully made and the fat of good quality. If nuts or cocoanut are added to a cake formula, the amount of shortening should be reduced one-eighth, as both these ingredients contain fat.

Whatever kind of sugar is used, it must be free from lumps. Brown sugar makes a moist cake, and powdered sugar one that is dry. Fine granulated sugar is the best for general purposes. Sweet milk is the best liquid for cake, a half cupful being the right proportion for a cupful and a half of flour. Water or cold coffee may be substituted, if a tablespoonful less is used, but the texture will not be so fine. Cocoa, or potato, or rice, or macaroni water (water in which potatoes, macaroni or rice have been boiled) may be cooled and used in the same quantity as milk. If cream is substituted for milk, the amount of shortening must be decreased, and the amount of liquid increased, one-half cupful of light cream being equal to six tablespoonfuls of milk and two tablespoonfuls of butter. Sour milk and buttermilk may be used interchangeably; they make a very tender cake. If the milk is not very sour, the method may be that followed with sweet milk, provided it is neutralized with a little soda, one-fourth teaspoonful usually sufficing to sweeten a cupful of the sour liquid. The amount of baking powder used should then be decreased — a teaspoonful to every fourth teaspoonful of soda added to the sour milk.

CAKES MADE WITHOUT SHORTENING

There are only a few cakes which can be made without shortening. These include those of the sponge variety, angel and sunshine cakes, and all of them depend largely for their lightness upon the amount of air that is beaten into the egg whites. In some cases a little baking powder is introduced to lessen the number of eggs, which would otherwise be necessary to make a light cake. But the real, old-fashioned cake of this type contains no artificial leavening.

Quickness in putting a cake of this type together is the first step towards success. If possible, pans should be kept only for these cakes, and should never be oiled, but, if this is impracticable, it will be necessary to oil and slightly flour the pans, if butter cakes have been baked in them. After measuring out the various ingredients, creaming or beating the egg yolks as the case may be, together with the sugar, and making all possible preparations, the egg whites may be whipped stiff by means of a flat wire whisk, which beats in approximately a third more air than the ordinary egg-beater, therefore making the cake rise to greater height. As soon as put together, the cake should be transferred to the pan and slipped into a very slow oven. Some authorities advocate a cold oven in starting the cake; this also gives good results. The heat should be moderated so that it will reach three hundred degrees after the loaf has been in about fifteen minutes. An average-sized loaf of sponge, angel, or sunshine cake should bake from fifty minutes to an hour, and should rise to twice its bulk. Invert as soon as it comes from the oven, and the cake will usually come out by itself, if allowed to stand some little time. If it does not loosen and begin to come out within a half hour, run a sharp knife around the edge, but do not jam the cake.

Everyday Sponge Cake

3 eggs
1 cupful sugar
½ teaspoonful salt
½ lemon, juice and rind
4 tablespoonfuls cold water
1 cupful pastry flour
1½ teaspoonfuls baking powder

Beat the eggs till light. Add the sugar and salt, and beat until very creamy. Add the lemon juice, rind and the cold water, stirring slightly. Lastly, add the flour, folding it in. Bake as directed. Bake covered for the first ten minutes.

Jelly Roll

3 eggs
1 cupful sugar
⅓ cupful milk
½ teaspoonful orange extract
⅛ teaspoonful salt
1 cupful pastry flour
1 teaspoonful cream of tartar
Scant ½ teaspoonful soda

Beat the eggs slightly, add the sugar, mix well, then add the salt, milk and flavoring. Mix the flour, soda and cream of tartar, and beat slowly into the mixture. Spread in a large, oiled and floured dripping pan, bake quickly, and turn out onto a paper dusted thickly with sifted powdered sugar. Cut off the edges (if overbaked), spread with any beaten tart jelly or jam, and roll up quickly.

Chocolate Sponge Roll

4 eggs
1 cupful sugar
1½ squares (ounces) chocolate, melted
¼ cupful milk
Few grains salt
1 teaspoonful baking powder
1 cupful pastry flour
½ teaspoonful vanilla extract

Beat together the egg yolks and sugar until light. Add the chocolate, the milk and vanilla, then fold in alternately the egg whites, beaten stiff, and the flour, salt and baking powder, mixed. Pour into two square pans and bake in thin sheets. Turn out on paper, sifted over with confectioner's sugar. Quickly spread marshmallow icing on the cake, and roll up at once like a jelly roll.

Caramel Sponge Cake

1 cupful sugar
½ cupful water
5 eggs
½ teaspoonful vanilla
1 cupful pastry flour
¼ teaspoonful salt

Caramelize ¼ cupful of the sugar and add to it the boiling water. When boiling hard, stir in the remaining sugar and boil until it threads. Pour this syrup slowly into the egg yolks beaten until lemon-colored. Add the vanilla and then gradually fold in the flour mixed with the salt, alternately with the egg whites. Turn into a tube pan and bake from forty to fifty minutes in a moderate oven.

Plain Sponge Cake

4 eggs
1 cupful sugar
½ lemon, grated rind and juice
¼ teaspoonful salt
1 cupful pastry flour
1 teaspoonful baking powder

Separate the eggs. Beat the yolks till light and add the sugar, lemon rind and juice; add the salt and whip till lemon-colored. Beat the whites stiff, mix the flour and baking powder together, and add the whites and flour alternately to the first mixture, folding them in. Bake as directed. Bake covered for the first ten minutes.

Snow Basket

Bake a sponge cake in a good-sized round tin. After it is a day old, hollow out the crumb, leaving the sides an inch thick, ice it all over with pale-green confectioner's icing, and roll the sides and top in cocoanut. Scald a strip of angelica an inch wide, bend it into handle shape, and insert it in the "basket." Fill the center with snow parfait, frozen stiff, quickly arrange a spray of holly or "violets" in the parfait made of angelica leaves and red candies or candied violets, and place the basket upon a glass plate, covered with a paper doily, and garnish.

Swedish Sponge Cake

4 eggs
1 cupful sugar
1 teaspoonful orange extract
½ cupful potato flour
½ teaspoonful baking powder
⅛ teaspoonful salt

Separate the eggs and beat the whites stiff. Add the sugar and then the flour mixed with the baking powder, folding all carefully in. Finally, fold in the egg yolks, well-beaten, and the flavoring, turn as quickly as possible into an unoiled pan, and bake slowly about forty minutes.

Sunshine Cake

Whites 9 large eggs
1½ cupfuls powdered sugar
6 egg yolks
1 cupful pastry flour
⅛ teaspoonful salt
½ teaspoonful each lemon and orange extract
1 teaspoonful cream of tartar

Whip the egg whites until stiff. Beat in the sugar, gradually, and add the flavoring. Stir in the egg yolks, well-beaten, and fold in the flour mixed and sifted four times with the cream of tartar. Bake fifty minutes in an angel-cake or long narrow pan in a moderate oven.

Gold and White Cake

5 eggs
¾ cupful sugar
½ cupful sifted pastry flour
⅛ teaspoonful salt
½ teaspoonful cream of tartar
½ teaspoonful vanilla

Separate the eggs. Whip the whites till frothy, then gradually beat in the sugar and vanilla. Sift the flour, cream of tartar and salt together four times, fold it in and bake in a round layer-cake pan.

Beat the yolks light, cream in 1 cupful of sugar, add ½ cupful milk and a teaspoonful of vanilla. Then mix and sift thoroughly 1½ cups pastry flour, ½ teaspoonful soda and 1 teaspoonful cream of tartar. Fold into the yolks, beat well, and bake in two layers. Put together with boiled frosting, the white layer in the middle.

Angel Cake

12 egg whites
1½ cupfuls granulated sugar
1 teaspoonful flavoring
1 teaspoonful cream of tartar
1 cupful pastry flour
⅛ teaspoonful salt

Beat the egg whites stiff and dry. Beat in the sugar gradually, add the flavoring and fold in the flour sifted four times with the cream of tartar. Measure the flour after sifting once. Work as quickly as possible, turn into an unoiled angel-cake pan, and bake forty to fifty minutes in a very moderate oven. Cover the cake for the first ten minutes with a pan, and cover also for the last five minutes.

Angel Cake (Cooked Syrup)

1½ cupfuls granulated sugar
¼ cupful hot water
11 egg whites
1 cupful pastry flour
1¼ teaspoonfuls cream of tartar
1 teaspoonful vanilla

Beat the egg whites until absolutely stiff. In the meantime, cook together the sugar and water for about five minutes, or until the syrup is very thick and forms a thread when a little is dropped from a spoon.

Pour this syrup into the egg whites, beating constantly with a wire whisk, and whip until the mixture is thoroughly blended. Then beat in the vanilla. The flour and cream of tartar should previously have been sifted together four times. This should then be gently folded into the cooked mixture and the whole poured at once into an unoiled, unlined pan and the mixture baked about fifty minutes in a moderate oven. Cover with a pan for the first ten minutes.

Almond Sponge Cake (Cooked Syrup)

1 cupful sugar
½ cupful water
5 eggs
1 cupful pastry flour
⅛ teaspoonful salt
½ teaspoonful almond extract
½ cupful finely-chopped almonds

Boil the sugar and water together, until it threads. Beat the egg yolks, until thick and lemon-colored. Pour on the syrup in a thin stream, beating constantly until cold. Then add the almond extract.

Mix half of the chopped nuts with the flour and fold into the mixture alternately with the egg whites, beaten stiff and dry. Bake in little pans. Sprinkle the top of each with a few of the finely-chopped nut meats, before putting in the oven.

LAYER AND LOAF CAKES

For best results use pastry flour. Oleomargarine may be substituted for butter or other shortening. In substituting bread flour for pastry flour, use two tablespoonfuls less to the cup.

Quick Spice Cake

5 tablespoonfuls soft lard or drippings
1⅓ cupfuls dark brown sugar
2 eggs
½ cupful cold water
1 cupful raisins
1¾ cupfuls of pastry flour
⅛ teaspoonful salt
3 teaspoonfuls baking powder
¾ teaspoonful cinnamon
¼ teaspoonful nutmeg
¼ teaspoonful clove

Put all the ingredients together and beat thoroughly. Turn into a rather large cake pan, and bake forty-five minutes in a moderate oven. Cover with boiled or plain confectioner's icing.

Buttermilk Spice Cake

½ cupful butter or oleomargarine
1 cupful brown sugar
½ cupful buttermilk
½ teaspoonful soda
2 eggs
1½ cupfuls pastry flour
⅛ teaspoonful salt
½ cupful chopped raisins
½ teaspoonful cinnamon
¼ teaspoonful clove
Few grains nutmeg

Cream the butter, add the sugar, gradually, then the eggs, well-beaten. Mix the flour, salt, spices, soda and raisins together and add alternately with the milk to the first mixture. Bake in a medium-sized pan in a moderate oven; frost with lemon or vinegar icing. This keeps moist for two weeks.

Marble Spice Cake

1 cupful sugar
6 tablespoonfuls butter or oleomargarine
3 eggs
½ cupful milk
½ teaspoonful vanilla
1¾ cupfuls pastry flour
⅛ teaspoonful salt
2½ teaspoonfuls baking powder
¾ teaspoonful ground clove
½ teaspoonful cinnamon
1 teaspoonful mace

Cream the butter and beat in the flavoring, sugar and eggs, well-whipped. Mix together the flour, salt and baking powder and add alternately to the mixture with the milk. Take out one-half of the mixture and add the spices. Choose two brick-shaped pans or one large pan. Spread in a layer of plain dough, then a layer of the spiced mixture, continuing till all is used. Bake in a moderate oven.

Loaf Cake

1 cupful butter or oleomargarine
1 cupful milk
2 cupfuls sugar
3 cupfuls pastry flour
⅛ teaspoonful salt
4 eggs
3 teaspoonfuls baking powder
2 teaspoonfuls flavoring

Cream the butter, beat in the sugar, add the eggs, well-beaten, the flavoring, and the flour mixed with the salt and baking powder alternately with the milk. Turn into a large pan or two brick-shaped pans and bake in a moderate oven.

Coffee Spice Cake

3 tablespoonfuls butter or oleomargarine
½ cupful sugar
½ cupful Barbadoes molasses
½ cupful cold coffee
1 egg
½ teaspoonful soda
⅛ teaspoonful salt
¾ teaspoonful cinnamon
½ teaspoonful cloves
½ teaspoonful allspice
½ cupful currants
2¼ cupfuls pastry flour
½ cupful raisins

Cream the butter, add the sugar gradually, then the eggs, well-beaten, and the molasses. Mix the flour with the salt, spices and soda, and add the fruit. Add the mixture alternately with the coffee. Bake in a long pan, and frost with coffee, or boiled caramel icing, or in layers and put together with coffee whipped cream. Add more flour, if it seems necessary.

Prune and Nut Cake

½ cupful butter or oleomargarine
¾ cupful sugar
2 eggs
1 cupful drained stewed prunes, quartered
½ cupful chopped English or black walnut meats
1⅝ cupfuls pastry flour
¼ teaspoonful soda
⅛ teaspoonful salt
3 teaspoonfuls baking powder
½ cupful prune juice
¼ teaspoonful orange extract

Cream together the butter, sugar, egg yolks and extract. Mix the nuts and prunes with the flour and baking powder. Add the soda to the prune juice, then put the prune juice and flour mixture alternately into the creamed butter. Add the egg whites, beaten stiff. Bake in two layers, and put together with a cream filling flavored with orange. Dust powdered sugar thickly over the top.

Ice Cream Nut Cake

4 tablespoonfuls butter or oleomargarine
1 cupful sugar
½ cupful milk
½ teaspoonful vanilla
1½ cupfuls pastry flour
⅛ teaspoonful salt
2 teaspoonfuls baking powder
2 egg whites
¾ cupful chopped walnut or pecan meats

Cream the butter, add the sugar, gradually, and the vanilla. Mix the flour with the baking powder and nuts and add alternately with the milk. Beat the egg whites stiff and fold them in. Bake in two layers, or in one large pan.

Walnut Cake

½ cupful butter or oleomargarine
1 cupful sugar
Yolks 3 eggs
½ teaspoonful orange extract
⅛ teaspoonful salt
1½ cupfuls pastry flour
2½ teaspoonfuls baking powder
Whites 2 eggs
¾ cupful walnuts, chopped

Cream the butter, add the sugar, gradually, and the egg yolks, beaten until light. Mix the baking powder, salt, flour and nuts and add alternately to the mixture with the milk, and lastly fold in the egg whites beaten stiff. Bake in a moderate oven forty-five minutes. Cover with plain confectioner's or boiled frosting, crease in squares, and put a walnut meat on each square.

Walnut Cream Cake

¾ cupful butter or oleomargarine
1 cupful sugar
⅛ teaspoonful salt
1 teaspoonful vanilla
½ cupful milk
1¾ cupfuls pastry flour
2 teaspoonfuls baking powder
3 egg yolks
1 whole egg

Beat the butter to a cream, then blend in the sugar, till fluffy. Add the salt, vanilla and egg and egg yolks, well beaten. Then sift together the flour and baking powder and add alternately with the milk, beating well with each addition. Bake in a tube pan forty-five minutes in a moderate oven and cover with walnut cream icing.

Gold Cake

½ cupful butter or oleomargarine
1 cupful sugar
1 egg
1 teaspoonful lemon extract
1¾ cupfuls pastry flour
4 egg yolks
½ cupful milk
2 teaspoonfuls baking powder

Cream the butter, add the sugar, and, gradually, the eggs, slightly beaten. Mix together the flour, salt and baking powder, add alternately with the milk to the mixture, add the flavoring and bake in a square or tube pan in a moderate oven. Frost with chocolate icing.

Silver Cake

1⅓ cupfuls sugar
½ cupful butter or oleomargarine
4 egg whites
⅔ cupful milk
¾ teaspoonful almond extract
2¼ cupfuls pastry flour
3 teaspoonfuls baking powder
⅛ teaspoonful salt

Cream the butter, add the sugar and flavoring, gradually, and, when fluffy, cream in the egg whites a little at a time, without beating. Add the milk, and, last, the flour mixed with the salt and baking powder. Bake in a large cake pan in a moderate oven.

Strawberry Cake

Bake a plain silver cake in two layers. Put together with strawberry jam, frost all over with plain white icing, cover the sides with cocoanut, and garnish the top with a spray, fashioned of strawberry candies, with stems and leaves made of angelica.

St. Valentine's Cake

1¼ cupfuls sugar
¾ cupful butter or oleomargarine
3 eggs
1 cupful milk
3 teaspoonfuls baking powder
3 cupfuls pastry flour
⅛ teaspoonful salt
1 teaspoonful vanilla
1 cupful chopped nut meats (any kind)

Cream the butter, gradually beat in the sugar, then the eggs, well-beaten, and the vanilla. Mix two cupfuls of the flour with the baking powder and salt, and add alternately to the mixture with the milk. Flour the nuts with the remaining flour and fold into the cake. Bake in an angel-cake pan in a moderate oven. Frost and garnish in valentine designs, as fancy dictates.

Ribbon Cake

½ cupful butter or oleomargarine
1 cupful sugar
2 eggs
1½ cupfuls pastry flour
½ teaspoonful vanilla
⅛ teaspoonful salt
½ cupful milk
2½ teaspoonfuls baking powder

Cream the butter, beat in the sugar, gradually, and the eggs, one at a time; add the flavoring. Mix the baking powder with the salt and flour, and add alternately to the mixture with the milk. Put one-third of the mixture into a bowl and add to it ¼ teaspoonful cinnamon, ¼ teaspoonful each clove and grated nutmeg, 2 tablespoonfuls raisins, quartered, 2 tablespoonfuls chopped dried figs, 1 tablespoonful currants, 1 tablespoonful chopped citron, and 1 tablespoonful molasses. Take one-half of the remaining mixture and color green, if convenient. Bake each mixture in a brick-shaped or bread pan, in a moderate oven. When cold, put together with raspberry jam and ice with plain boiled frosting.

Pound Cake

2 cupfuls sugar
1¾ cupfuls butter
8 eggs
1 teaspoonful mace
3¾ cupfuls pastry flour
1 teaspoonful baking powder
⅛ teaspoonful salt

Cream the butter with the hand. Beat in the sugar and eggs one at a time. Mix the salt, mace and baking powder with the flour and work it in. Turn into two oiled and lined brick-shaped pans, and bake one hour in a very slow oven. Pound cake is not usually iced.

Fruit Pound Cake

2 cupfuls sugar
1⅓ cupfuls butter or oleomargarine
8 eggs
1 teaspoonful vanilla
1 cupful chopped raisins, figs and dates mixed
1 teaspoonful lemon extract
2 tablespoonfuls milk
2⅔ cupfuls pastry flour
⅛ teaspoonful salt
1 teaspoonful baking powder

Cream the butter, and beat in the sugar and eggs one at a time. Mix together the flour, salt, baking powder and fruit. Add the flavoring to the first mixture and a little of the flour, then the milk, and the remaining flour. Bake in an oiled and lined pan in a slow oven for an hour.

Nut and Raisin Cake

¾ cupful butter or oleomargarine
2 cupfuls sugar
3 cupfuls pastry flour
3 or 4 eggs
1 cupful milk
Few grains nutmeg
1½ cupfuls English or black walnut meats
¾ cupful raisins
3 teaspoonfuls baking powder
⅛ teaspoonful salt
Grated rind 1 orange
¼ teaspoonful lemon extract
¼ teaspoonful orange extract

Cream the butter, beat the sugar in, gradually, and add the eggs, unbeaten, one at a time. Put the nut meats and raisins together through the food chopper and add to the flour, mixing well with the salt, nutmeg and baking powder. Add alternately to the mixture with the milk; stir in the orange rind and flavoring and pour into a large square pan. Bake slowly and ice with a walnut cream icing, decorating, if desired, with whole nuts and raisins.

Hot Milk Cake

1 cupful sugar
1 egg
½ cupful scalded milk
Juice and rind ½ lemon
⅛ teaspoonful salt
1½ teaspoonfuls baking powder
1½ cupfuls pastry flour
1 teaspoonful oleomargarine or drippings

Cream together the shortening, sugar and egg till very light colored; add the warm milk, flavoring, and salt alternately with the flour and baking powder mixed. Bake in a moderate oven, in a loaf or two layers.

Inexpensive Dark Fruit Cake

½ cupful butter or oleomargarine
⅔ cupful brown sugar
1 cupful raisins, seeded
¼ cupful chopped, candied orange peel
1 cupful washed currants
½ cupful citron, minced fine
½ cupful Barbadoes molasses
3 eggs
½ cupful milk
2 cupfuls pastry flour
⅛ teaspoonful salt
1 teaspoonful soda
1 teaspoonful cinnamon
½ teaspoonful allspice
⅓ teaspoonful mace
¼ teaspoonful clove
½ teaspoonful orange extract

Mix the flour with the salt, soda and spices, and add all the prepared fruit to it. Cream the butter, and beat in the sugar and eggs and the flavoring and molasses. Add the flour alternately with the milk to the mixture till all is in. Oil the pans thoroughly and line with paper. Pour in the mixture and steam an hour. Then set in a slow oven for a second hour. Keep several weeks before using. Do not ice until ready to use.

Light Fruit Cake

½ cupful butter or oleomargarine
1 cupful sugar
1½ cupfuls pastry flour
3 teaspoonfuls baking powder
⅛ teaspoonful salt
3 eggs
½ teaspoonful cinnamon
¼ teaspoonful clove
¼ teaspoonful nutmeg
½ cupful currants
½ cupful chopped raisins
¼ cupful shredded citron

Colonial Sponge Cake

Walnut Cake

¼ cupful chopped candied orange peel
½ cupful chopped walnut meats

Mix together the flour, salt, baking powder, spices, nuts and fruit. Cream the butter, add the sugar and beat in the egg yolks. Add the flour mixture alternately with the milk. Fold in the egg whites, beaten stiff, and bake in an oiled and lined square pan in a moderate oven. Frost with orange or lemon icing.

Wedding Cake

2 cupfuls butter
2 cupfuls sugar
10 eggs
½ cupful grape juice
½ cupful Barbadoes molasses
2 teaspoonfuls mace
1 teaspoonful nutmeg
½ teaspoonful salt
4 cupfuls pastry flour
1½ teaspoonfuls soda
1½ teaspoonfuls clove
1 teaspoonful ginger
2 pounds seeded raisins
2 pounds currants
2 pounds candied orange peel
¼ pound candied cherries
¼ pound candied pineapple
½ pound citron

Cream the butter with the hand till soft, then beat in the sugar. Add the eggs one at a time, unbeaten; turn in the molasses, grape juice and spices. Measure the flour before sifting and mix and sift with the soda. The raisins and currants should be previously washed and dried, the cherries quartered, citron shredded and the pineapple and orange peel chopped. Combine all this fruit with the flour and add to the mixture. Stir thoroughly. Have ready a large, round milk pan, well-oiled and lined with two thicknesses of paper. Put the mixture in this, cover with a buttered paper and steam three hours. Then bake in a very slow oven two hours longer. Let cool, and put away in a stone jar to ripen at least a month before using. Frost with ornamental icing.

Delicate White Cake

1 cupful sugar
¼ cupful lard
3 egg whites
1½ tablespoonfuls lemon juice
Rind ½ lemon
⅔ cupful milk
¼ teaspoonful salt
1½ cupfuls pastry flour
½ cupful corn starch
3 teaspoonfuls baking powder

Cream the sugar and lard and add the lemon juice and rind. Mix together the flour, starch, baking powder and salt and add alternately to the mixture with the milk. Lastly, fold in the egg whites, beat well and bake in a moderate oven. Ice with lemon or fruit frosting.

Chocolate Cake

1 cupful sugar
½ cupful butter or oleomargarine
1 large egg
½ cupful milk
2½ squares (ounces) chocolate
2½ teaspoonfuls baking powder
1½ cupfuls pastry flour
⅛ teaspoonful salt
½ teaspoonful vanilla

Cream the butter, add the sugar, gradually, and beat until creamy. Separate the egg, and add the yolk, beaten light, then the chocolate, melted. Mix the baking powder, salt and flour, and add to the mixture alternately with the milk. Then fold in the egg white, beaten stiff. Bake in two layers twenty-five minutes in a moderate oven, or make into a loaf cake and bake forty minutes. Frost with confectioner's or plain boiled icing.

Chocolate Fudge Cake

½ cupful butter or oleomargarine
1½ cupfuls sugar
4 eggs
⅛ teaspoonful salt
1¾ cupfuls pastry flour
1 teaspoonful vanilla
¾ cupful chopped walnut meats (if desired)
4 squares (ounces) chocolate
5 tablespoonfuls hot water
½ cupful milk
2 teaspoonfuls baking powder
½ teaspoonful cinnamon

Cream the butter, add the sugar, gradually, and the egg yolks, unbeaten; mix well, and add the chocolate, melted and blended with the hot water. Mix the flour, nuts, cinnamon and baking powder and add alternately to the mixture with the milk. Add the vanilla, and fold in the egg whites, beaten dry. Bake in a moderate oven. Frost with fudge icing, or bake in layers and put together with white boiled frosting.

Devil's Food Cake

Make as Chocolate Fudge Cake, omitting the cinnamon and nuts. Cover with double chocolate and white frosting.

Almond Loaf Cake

½ cupful butter or oleomargarine
1 cupful sugar
4 tablespoonfuls milk
1 teaspoonful baking powder
⅛ teaspoonful salt
1½ cupfuls pastry flour
¾ cupful shredded almonds
½ teaspoonful almond extract
4 egg whites

Cream the butter, and beat in the sugar and flavoring. Mix the salt and baking powder with the flour and almonds, and add alternately with the milk to the mixture. Beat the egg whites stiff and dry, and fold them in. Turn into a tube pan, sprinkle shredded almonds over the top and bake in a moderate oven. As this cake is very sweet, it does not need an icing.

Apricot Cake

1 cupful sugar
½ cupful butter or oleomargarine
4 egg whites
⅔ cupful milk
¾ teaspoonful orange extract
2¼ cupfuls pastry flour
⅛ teaspoonful salt
3 teaspoonfuls baking powder
1½ cupfuls chopped, drained canned apricots
1 cupful heavy cream
½ cupful walnut meats
3 tablespoonfuls powdered sugar

Cream the butter, beat in the sugar and flavoring, and then the egg whites whipped stiff. Add the milk, and, last, the flour and baking powder mixed together. Bake in two layers. Put together with the apricots, and pile on the cream, sweetened with the powdered sugar and whipped stiff. Sprinkle with the walnuts chopped coarsely.

Blueberry Cake

1½ tablespoonfuls lard
1 cupful sugar
1 egg
2½ cupfuls pastry flour
4 teaspoonfuls baking powder
1 cupful blue or huckleberries
½ teaspoonful salt
1 cupful milk

Cream together the lard and sugar; add the eggs, salt and vanilla, then the milk alternately with 2 cupfuls of the flour mixed with the baking powder and berries. Bake in two pans in a rather quick oven. This may be served cold, as cake, or hot, as a bread, or with lemon sauce, as a pudding.

Apple Sauce Cake

1 cupful sugar
6 tablespoonfuls shortening (any kind)
¼ teaspoonful salt
1 cupful raisins
2 cupfuls pastry flour
1 cupful sour apple sauce
½ teaspoonful ground cloves
1 teaspoonful cinnamon
⅛ teaspoonful nutmeg
1 teaspoonful soda, dissolved in
1 tablespoonful of warm water

Cream together the sugar and shortening. Mix together the flour, salt and spices and add the raisins. Dissolve the soda in the water, add to the apple sauce and beat into the creamed shortening and sugar alternately with the flour mixture. Bake in a moderate oven.

Raspberry Cake

½ cupful butter or oleomargarine
1 cupful sugar
2 egg yolks
3 egg whites
1¾ cupfuls pastry flour
4 teaspoonfuls baking powder
⅛ teaspoonful salt
½ cupful milk
½ teaspoonful orange extract

Cream the butter, and beat in the sugar and egg yolks. Mix together the flour and baking powder and add alternately with the milk to the first mixture. Beat the egg whites stiff and dry and fold them in. Pour into two layer-cake pans and bake in a rather quick oven. Put the layers together with raspberry jam, and finish with raspberry icing.

Banana Cake

1 cupful sugar
3 tablespoonfuls melted butter or oleomargarine
1 egg
½ teaspoonful orange extract
½ cupful milk
1½ cupfuls pastry flour
1½ teaspoonfuls baking powder
⅛ teaspoonful salt

Beat the sugar, butter, egg, extract and salt together. Mix the baking powder with the flour and add alternately with the milk to the first mixture. Beat thoroughly. Bake in two layers and put together with banana filling and ice with plain frosting.

One-Egg Cake

⅔ cupful sugar
¼ cupful butter or oleomargarine
1 egg
1½ teaspoonfuls baking powder
½ cupful milk
1 teaspoonful vanilla
1½ cupfuls pastry flour

Cream the butter and add the sugar, flavoring and the egg yolk. Mix the flour and baking powder, add alternately with the milk and bake in a loaf or two layers. In the latter case, put together with cocoanut cream filling and ice with plain frosting.

Cream Cake

Bake a one-egg or sponge cake in two layers. Cool, and put together with Cream Filling, and dust the top layer with sifted powdered sugar.

Country Cream Cake

4 tablespoonfuls butter or oleomargarine
1 cupful sugar
2 eggs
½ teaspoonful orange flavoring
½ cupful milk
1½ cupfuls pastry flour
2½ teaspoonfuls baking powder
⅛ teaspoonful salt

Make a plain cake of the above ingredients and bake in two layers. Remove the center of one layer, moisten the edge of the other layer with egg white, and set the rim made from the first layer on the second, forming a hollow ring.

Make a corn starch pudding from the following ingredients, and fill the hollow with it:

¼ cupful corn starch
½ cupful cold water
1 cupful scalded milk
¼ teaspoonful salt
2 egg yolks
½ teaspoonful orange extract

Make meringues from the two egg whites, adding 1 tablespoonful of powdered sugar to each white. Drop by spoonfuls and bake them on a well-oiled pan in a moderate oven; float them on the corn starch mixture, and serve the cake with fresh, sugared strawberries, strawberry sauce, or any fresh juicy fruit. Use the unused cake crumbs for stale cake pudding.

Caramel or Maple Cake

1 cupful sugar
1 cupful pastry flour
1 teaspoonful baking powder
Few grains salt
1 teaspoonful vanilla
¼ cupful melted butter or oleomargarine
2 eggs
Milk

Sift together the sugar, flour and baking powder. Melt the butter in a measuring cup, add the eggs, and fill the cup with milk. Beat this into the flour mixture, flavor and bake as a loaf or layer cake. Put together or frost with a caramel or maple icing.

Chocolate Cream Cake

4 tablespoonfuls butter or oleomargarine
1 cupful sugar
2 egg yolks
½ teaspoonful vanilla
1 egg white
½ cupful milk
1½ cupfuls pastry flour
2½ teaspoonfuls baking powder
⅛ teaspoonful salt
Strawberry jam

Cream the butter, add the sugar, gradually, and the egg yolks, well-beaten. Mix together the flour, salt and baking powder, and add alternately to the first mixture with the milk. Add the egg white, beaten stiff, and bake in two round layer-cake pans in a moderate oven. Put together with the strawberry jam and pile chocolate whipped cream on the top.

Orange Date Cake

¼ cupful butter
1 cupful sugar
2 eggs
¼ teaspoonful soda
Grated rind ½ orange
½ cupful orange juice
1½ cupfuls pastry flour
2 teaspoonfuls baking powder
1 cupful stoned and quartered dates

Cream the butter, and stir in the orange rind, salt, sugar and eggs, well-beaten; add the soda to the orange juice. Sift the baking powder into the flour, and mix the dates with 2 tablespoonfuls of extra flour. Add the flour mixture alternately to the batter with the orange juice, stir in the dates, and bake in two layer-cake pans in a moderate oven. Put together with orange filling. If one of the layers is sprinkled with finely-chopped candied orange peel before baking, there will be no necessity of icing the cake.

Marshmallow Cake

1 cupful sugar
½ cupful butter or oleomargarine
3 egg whites
2 cupfuls pastry flour
⅛ teaspoonful salt
½ teaspoonful lemon or vanilla extract
½ teaspoonful almond extract
⅔ cupful milk
2 teaspoonfuls baking powder

Cream the butter and sugar together; add the flavorings and alternately the milk and the flour mixed with the salt and baking powder. Lastly, fold in the egg whites, beaten stiff. Bake in two layer-cake pans and put together and frost with marshmallow icing.

Lemon Filled Cake

Make a plain One-Egg Cake, baking it in two thin, round layers. When cold, put together with a filling made as follows:

Mix 3½ tablespoonfuls corn starch with 6 tablespoonfuls sugar. Add 1¼ cupfuls boiling water, and cook two minutes, stirring constantly. Then add 1 tablespoonful butter, 1 egg yolk and 2 tablespoonfuls of lemon juice, beaten together, and stir until well-thickened, about five minutes. Cool somewhat, and then put between the layers, spread some on top and cover with a meringue made from the egg whites, whipped with 1 tablespoonful of powdered sugar. Set in a slow oven to brown, and serve cold, preferably the next day, when the filling will have permeated the cake.

Peach Cake

6 tablespoonfuls butter or oleomargarine
1 cupful sugar
1 egg
½ teaspoonful lemon extract
½ cupful milk
1½ cupfuls pastry flour
2½ teaspoonfuls baking powder
⅛ teaspoonful salt
3 tablespoonfuls chopped almonds

Cream together the butter, sugar, egg and extract. Mix the flour and baking powder together, and add alternately to the mixture with the milk. Pour into two layer-cake pans and sprinkle one layer with granulated sugar and the chopped almonds. Bake in a moderate oven, and put together with peach filling, setting the sugared layer on top.

Pineapple Cake

4 tablespoonfuls butter or oleomargarine
1 cupful sugar
2 eggs, well-beaten
½ teaspoonful orange extract
½ cupful milk
1½ cupfuls pastry flour
2½ teaspoonfuls baking powder
⅛ teaspoonful salt

Cream the butter, and add the sugar, gradually, with the eggs and flavoring. Mix and sift together the flour, salt and baking powder and add to the cake mixture alternately with the milk. Bake in two layers in a moderate oven, put together with pineapple filling and frost with pineapple icing.

Orange Cake

Prepare a plain cake mixture, according to the recipe for peach or pineapple cake, baking it in two layers. Put together with orange filling, and frost with orange icing.

Eggless Chocolate Cake

1 cupful sugar
1 cupful sour milk
2 tablespoonfuls cocoa
1 teaspoonful vanilla
½ cupful any kind of shortening
¼ teaspoonful salt
1 teaspoonful soda
2 cupfuls flour

Cream the butter, add the sugar, gradually, then the cocoa, vanilla and salt; add the soda to the sour milk, and add alternately to the mixture with the flour. Bake in layers in a moderate oven, and frost and put together with boiled butter icing.

CHAPTER XXIII

COOKIES, CUP CAKES AND LITTLE CAKES

ALL MEASUREMENTS ARE LEVEL

For best results use pastry flour. Oleomargarine may be substituted for butter or other shortenings.

Date Cakes

¼ cupful butter or oleomargarine
1¼ cupfuls brown sugar
2 eggs
½ cupful milk or water
1 cupful shredded dates
½ cupful currants
1¾ cupfuls pastry flour
3 teaspoonfuls baking powder
⅛ teaspoonful salt
½ teaspoonful cinnamon
¼ teaspoonful nutmeg
¼ teaspoonful clove

Put all the ingredients together in a bowl and beat thoroughly. Bake in cup-cake pans about twenty-five minutes. Frost with plain orange icing.

Marguerites

2 eggs
1 cupful brown sugar
⅓ teaspoonful salt
½ teaspoonful vanilla
Scant ½ cupful pastry flour
¼ teaspoonful baking powder
¾ cupful chopped pecan or walnut meats

Beat the eggs till creamy. Add the sugar and salt and beat until light with an egg-beater. Add the vanilla and the flour, mixed with the nut meats, reserving a few of them to put on the top of the cakes when they are dropped in the pans; this will give them a pretty finish. Bake in shallow, fluted, individual pans in a moderate oven.

Whole Wheat Marguerites

Substitute fine whole wheat flour for the pastry flour in the preceding recipe.

Marshmallow Cakes

4 tablespoonfuls butter or oleomargarine
¼ cupful powdered cocoa
2 eggs
1 cupful sugar
3 teaspoonfuls baking powder
1 teaspoonful cinnamon
¼ teaspoonful clove
½ cupful cold water
1 cupful flour
⅛ teaspoonful salt

Cream the butter, add the cocoa, egg yolks, salt and the sugar, mixed with the spices. Beat well, then add the flour mixed with the baking powder, alternately with the water; fold in the egg whites, beaten stiff. Bake in small pans for twenty minutes in a moderate oven.

Frost with white icing, place half a marshmallow on each cake, and decorate with points of angelica and red candies, if desired.

Honey Cup Cakes

⅓ cupful butter or oleomargarine
½ cupful sugar
2 eggs, well-beaten
Juice and rind ½ lemon
¾ cupful honey
¾ cupful broken walnut or pecan meats
2⅓ cupfuls pastry flour
2 teaspoonfuls baking powder
¼ teaspoonful salt

Cream the butter and add the sugar, gradually. Beat in the lemon and the eggs. Mix together the flour, salt and baking powder. Stir in the broken nut meats and mix well. Add alternately to the cake mixture with the honey, and bake either in cup cakes or a loaf.

Hallowe'en Cakes

Prepare a sponge cake mixture and bake in small round pans.

Frost with orange icing and, when hardened, outline Jack o' Lantern faces with chocolate icing by means of pastry bag and tube or a toothpick, and indicate the teeth with white candies known as "Hundreds and Thousands."

Little Violet Cakes

Make as Hallowe'en cakes, ice with plain boiled frosting, and decorate with candied violets and angelica leaves and stems.

Currant Cup Cakes

1¼ cupfuls sugar
¾ cupful butter or oleomargarine
4 eggs
¼ cupful milk
¼ teaspoonful mace or nutmeg
2¼ cupfuls pastry flour
⅛ teaspoonful salt
3 teaspoonfuls baking powder
¾ cupful cleaned currants

Cream the butter, and beat in the sugar and the eggs, thoroughly. Mix together the mace, salt, flour and baking powder and add the currants. Stir in one-half cupful, and add a little milk, continuing until all is in. Beat very thoroughly and bake in fancy individual cake pans in a moderate oven. These will keep fresh for a month.

Small Gold Cakes

4 tablespoonfuls butter or oleomargarine
6 tablespoonfuls sugar
4 egg yolks
1 cupful flour
⅛ teaspoonful salt
1 teaspoonful baking powder
1 teaspoonful orange extract
4 tablespoonfuls milk
½ cupful candied orange peel

Cream the butter, beat in the sugar, the egg yolks, well-whipped, and the extract. Mix the baking powder, salt, and 2 tablespoonfuls of the chopped orange peel with the flour, and add alternately with the milk to the mixture. Turn into heart-shaped or fluted pans and bake in a moderate oven. Ice with orange frosting, and sprinkle with the remaining orange peel.

One-Egg Cup Cakes

Prepare the mixture for one-egg cake, adding to the flour a half cupful of cleaned currants, halved raisins, nut meats, or cocoanut. Frost with any desired icing.

Little Mistletoe Cakes

Bake any light cake mixture in fancy shapes. Frost with confectioner's icing, tinted pale green, and ornament with wreaths of mistletoe, the berries being of white candies and the leaves, halves of pistachio nuts.

Little Partridge Berry Cakes

Make some little shallow, round pound cakes. Ice with pale-green or white frosting, and decorate, with halves of pistachio nuts, red candies and angelica stems, to represent partridge berry vine.

Maple Cup Cakes

¾ cupful new maple sugar, scraped
¼ cupful butter or oleomargarine
3 egg whites
1 teaspoonful vanilla extract
3 teaspoonfuls baking powder
⅔ cupful milk
⅛ teaspoonful salt
1½ cupfuls pastry flour
¼ cupful corn starch

Cream together the sugar, salt, butter and vanilla. Add the milk and the flour mixed with the baking powder, alternately. Then fold in the egg whites and bake in cup-cake pans. Frost with maple icing and sprinkle with broken hickory or walnut meats.

Bernhardts

Prepare the mixture for caramel cake. Bake in deep cup-cake pans, place a whole marshmallow on each cake and ice it over with chocolate frosting, covering the sides; finish with a nut on top.

Mocha Cakes

½ cupful butter or oleomargarine
1 cupful sugar
½ cupful strong coffee
¼ teaspoonful vanilla
1¾ cupfuls pastry flour
2½ teaspoonfuls baking powder
3 egg whites
¾ cupful broken walnut meats

Cream the butter, and beat in the sugar and vanilla. Mix the flour and baking powder together, stir in the walnut meats, and add alternately to the mixture with the coffee. Lastly, fold in the egg whites, beaten stiff. Bake in low straight-side cup-cake pans, ice thinly with mocha frosting, roll in cocoanut, decorate on top with the frosting put through a pastry bag and tube and finish with a candied cherry.

Cocoanut Squares

½ cupful butter or oleomargarine
2 cupfuls sugar
4 eggs
1 teaspoonful vanilla
1 cupful milk
2¾ cupfuls pastry flour
3 teaspoonfuls baking powder

Cream the butter, beat in the sugar, add the flavoring and the eggs, well-beaten. Mix the baking powder with the flour and add alternately with the milk to the mixture. Bake in a dripping pan and, when cold, cut in squares. Roll in soft-boiled icing, and then in cocoanut. Decorate with candied rose leaves, or violets, if desired.

Sponge Butter Cakes

Scant ½ cupful butter
1 cupful sugar
Rind ½ lemon
1 tablespoonful lemon juice
4 eggs
1½ cupfuls pastry flour
⅛ teaspoonful salt
¼ teaspoonful soda

Cream the butter, beat in the sugar and add the egg yolks, well-beaten. Mix the soda with the flour. Add the lemon juice and rind to the first mixture. Beat the egg whites stiff and dry and add alternately with the flour to the mixture, folding them in. Bake in oiled and lined pans in a moderate oven. Frost with walnut or any fruit icing.

Fudge Brownies

1 cupful sugar
¼ cupful butter or oleomargarine
¼ cupful milk
1 cupful chopped hickory or walnut meats
⅔ cupful pastry flour
2 eggs
2 squares (ounces) chocolate
⅛ teaspoonful salt
1 teaspoonful vanilla

Cream the butter and sugar, add the milk, the eggs, slightly beaten, the flour, salt and chocolate, melted; then add the nuts and vanilla. Spread one-fourth an inch thick on a shallow pan. Bake fifteen minutes in a moderate oven, and cut in squares like fudge while still warm.

Gingersnaps

¾ cupful sugar
6 tablespoonfuls melted lard
¼ teaspoonful pepper
1 teaspoonful soda, dissolved in
¼ cupful warm water
1 cupful Barbadoes molasses
2 teaspoonfuls ground ginger
1 teaspoonful salt
About 4 cupfuls pastry flour

Mix the ingredients in the order given, and add enough flour to roll out, keeping as soft as possible. Roll very thin, shape with a cutter and bake about eight minutes in a quick oven.

Cocoanut Jumbles

1 cupful butter
2 cupfuls sugar
2 eggs
3 teaspoonfuls baking powder
½ teaspoonful salt
4 tablespoonfuls milk
½ tablespoonful vanilla
Pastry flour to roll (about 5 cupfuls)

Cream the butter, add the sugar, gradually, the eggs, well-beaten, and the baking powder, milk and vanilla, with enough flour to roll. Roll very thin, shape with a doughnut cutter, dust with granulated sugar and shredded cocoanut, and bake about eight minutes in a quick oven.

Lemon Wafers

1 cupful sugar
⅓ cupful butter and lard in equal quantities
1 egg
1½ teaspoonfuls baking powder
Grated rind and juice 1 lemon
¼ teaspoonful salt
¼ teaspoonful lemon extract
¼ cupful milk
About 3 cupfuls pastry flour

Cream the shortening, add the sugar; beat in the egg, lemon juice and extract. Add the milk, and mix in the flour, salt and baking powder, leaving the mixture rather soft. Cover and set aside for a few hours. Then add more flour, if necessary, roll very thin, dust with granulated sugar and bake in a moderate oven.

Nut Wafers

4 tablespoonfuls butter or oleomargarine
¾ cupful sugar
1 egg, well-beaten
2 tablespoonfuls milk
¼ teaspoonful salt
1½ teaspoonfuls baking powder
1½ teaspoonfuls orange extract
½ cupful nut meats chopped fine
About 2 cupfuls flour

Cream the butter, beat in the sugar, egg, milk and flavoring. Mix the nuts, baking powder and salt with the flour, add gradually to the mixture, and let stand covered for an hour. Then roll thin and bake. Add more flour if necessary. If desired, the cookies may be brushed over with slightly beaten egg white, then dusted with chopped walnut meats before baking. This gives an attractive finish.

Afternoon Crisps

½ cupful butter
1 cupful sugar
Grated rind 1 orange
1 tablespoonful lemon juice
1 egg
1 egg yolk
Pastry flour
Candies, nuts, etc., for decoration

Cream the butter and stir in the sugar, orange rind and lemon juice and the eggs. Beat in flour till stiff enough to knead. Chill over night, then roll very thin and cut into fancy shapes. Brush over with the remaining egg white, slightly beaten with 2 tablespoonfuls of cold water, and decorate to simulate wreaths, poinsettia blossoms, etc., with nuts, pistachio meats, candied cherries, violets, rose leaves, etc.

Thin Chocolate Cookies

⅓ cupful butter or oleomargarine
1 square (ounce) chocolate, melted
½ cupful sugar
1 egg
1 teaspoonful baking powder
½ teaspoonful vanilla
1½ cupfuls pastry flour
1½ tablespoonfuls milk
¼ teaspoonful salt
½ cupful chopped almonds (optional)

Cream together the butter, sugar, egg, chocolate and vanilla. Add the milk and work in a cupful of the flour mixed with the baking powder and salt; add the remaining flour to make the mixture stiff enough to roll, chill, divide in halves, roll very thin and shape with a small cutter. Dust with the almonds, if used, and bake in a moderate oven.

Lady Fingers

3 egg whites
⅓ cupful powdered sugar
2 egg yolks
¼ teaspoonful vanilla
⅓ cupful pastry flour
⅛ teaspoonful salt

Beat the egg yolks, slightly; add the sugar, then beat the whites stiff, and fold in alternately with the flour and salt mixed. Then add the vanilla. Shape with a large plain pastry tube and bag on paraffine paper. Bake in a slow oven, and, when done, turn upside down on a board, dampen the paper with a cloth, turn right side up and remove.

Honey Drop Cookies

½ cupful butter or oleomargarine
½ cupful granulated sugar
1 cupful honey
2 egg yolks, beaten
Grated rind 1 lemon
3 tablespoonfuls lemon juice
2 egg whites, whipped
3¼ cupfuls pastry flour
¼ teaspoonful salt
1 teaspoonful soda
1 cupful chopped nut meats

Cream the butter, beat in the sugar and add the egg yolks and lemon. Then stir in three cupfuls of the flour and the soda sifted together, alternately with the honey. Fold in the beaten egg whites and stir in the nut meats, floured with the remaining fourth cupful of flour. Drop by teaspoonfuls onto a buttered baking pan two inches apart. Bake in a moderate oven. Sprinkle with shredded cocoanut before baking, if desired.

Frosted Ginger Nuts

4 tablespoonfuls butter or oleomargarine
½ cupful sugar
2 egg yolks
2 tablespoonfuls milk
½ teaspoonful lemon extract
1 cupful pastry flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt
¾ cupful chopped candied ginger

Cream the butter, add the sugar, egg yolks, well-beaten, the milk and the extract. Mix together the flour, salt, baking powder and the ginger. Add to the mixture and drop by teaspoonfuls on a well-oiled pan, three inches apart. Bake in a moderate oven, and, when cooled, frost with plain white icing and decorate with candied cherries and angelica if desired.

Drop Molasses Cookies

⅔ cupful Barbadoes molasses
½ cupful sugar
½ cupful melted drippings
½ cupful sweet milk, and
1½ teaspoonfuls soda or
½ cupful sour milk and
½ teaspoonful soda
¾ cupful raisins
1 egg
3½ cupfuls pastry flour
1 teaspoonful salt
1 teaspoonful clove
1 teaspoonful cinnamon
1 teaspoonful nutmeg

Combine in the order given, mixing the soda with the flour. Drop on an oiled pan by large teaspoonfuls, three inches apart. Put a raisin in the center of each, and bake in a moderate oven.

Drop Olive Oil Cookies

Substitute olive oil for the drippings in the preceding recipe, and proceed as directed.

Dropped Peanut Cookies

6 tablespoonfuls butter or oleomargarine
¾ cupful sugar
2 egg yolks
3 tablespoonfuls milk
1½ cupfuls pastry flour
2 teaspoonfuls baking powder
¼ teaspoonful salt
1¼ cupfuls chopped peanuts

Cream the butter, add the sugar, the egg yolks, well-beaten, and the milk. Mix the flour, salt and baking powder together and beat into the mixture. Add the peanuts and drop by teaspoonfuls onto a well-oiled pan, three inches apart. Place a whole nut in the center of each, and bake in a moderate oven.

Rolled Marshmallow Wafers

½ cupful butter
½ cupful milk
1½ teaspoonfuls flavoring
1 cupful confectioner's sugar
1½ cupfuls pastry flour
Marshmallows

Cream the butter, add the sugar, gradually, and then the flour and milk alternately until all is in. Spread the mixture very thin on the bottom of small dripping pans, inverted and buttered lightly. Bake until firm and pale-colored, cut in squares, sprinkle on the marshmallows, which should be cut in very small pieces, and roll quickly into tubular shapes. The mixture may be divided into three parts, colored with red and green vegetable coloring, and the third left white.

Rolled Nut Wafers

Add ½ cupful finely-chopped walnut meats to the ingredients for Marshmallow Wafers, and proceed as directed, omitting the marshmallows.

Rolled Ginger Wafers

Omit the flavoring in Marshmallow Wafers, substituting two teaspoonfuls of powdered ginger. Proceed as directed.

Pistachio Macaroons

½ cupful butter
½ cupful powdered sugar
1½ cupfuls pastry flour
3 egg yolks
½ cupful chopped almonds
½ teaspoonful vanilla
¼ teaspoonful almond extract
¼ cupful chopped pistachio nuts

Cream the butter until soft, then beat in the sugar, egg yolks, almonds and flavoring. Work in the flour, form into balls the size of a walnut, and roll gently in the powdered sugar and pistachio nuts. Set an inch apart on a slightly oiled and floured cookie sheet, press a pistachio nut on the top of each one and bake about fifteen minutes in a moderate oven. Half of the mixture may be decorated with candied cherries, if desired, in place of the pistachio nuts.

Saltine Marguerites

2 egg whites
½ cupful powdered sugar
½ cupful chopped English walnuts
2 tablespoonfuls shredded cocoanut
Saltine crackers

Beat the egg whites until nearly stiff, then whip in the sugar. Add the nuts and the cocoanut. Spread upon crisp saltine crackers, and bake in a moderate oven until delicately browned.

Marshmallow Crackers

Select crisp crackers slightly sweetened — as butter thins. Butter lightly, put a teaspoonful of minced English walnut meats in the center of each, and a marshmallow stuck with a raisin on the nuts. Set in the oven till the marshmallow is melted and slightly browned. Serve within twenty-four hours.

Scotch Short Bread

4 cupfuls pastry flour
2 cupfuls butter
¾ cupful powdered sugar
¼ teaspoonful nutmeg

Rub the ingredients together with the hands, until perfectly blended. Pack half an inch deep into shallow pans lined with paraffine paper and bake in a moderate oven until browned. Just before it is done, cut into squares or wedges with a knife. Serve with tea.

"Spritbakelser"

¾ cupful butter
¾ cupful sugar
About 3 cupfuls pastry flour
¼ teaspoonful salt
2 eggs
2 teaspoonfuls baking powder
2 tablespoonfuls minced almonds
1 teaspoonful grated orange rind

Cream the butter and sugar, add the eggs, well-beaten, then the almonds and orange rind. Mix and sift the baking powder with a cupful of the flour and beat it in. Add the remaining flour as needed to roll. Cut in fancy shapes and decorate, if desired. Bake in a quick oven.

Whole Wheat Cookies

2 cupfuls whole wheat flour
2 cupfuls pastry flour
½ cupful sugar
½ cupful hot water
1 teaspoonful salt
¼ teaspoonful soda
4 tablespoonfuls butter or oleomargarine

Mix together the flours, sugar and salt. Melt the butter in hot water, add the soda and beat the flour mixture into this, until it is thick enough to be handled. Roll out as thinly as possible; shape with a cutter, and bake in a slow oven.

Scotch Nut Cookies

1 cupful butter, or
¾ cupful drippings or lard
1 cupful sugar
2 egg yolks, well-beaten
¼ cupful milk
1 cupful raisins
½ cupful chopped nuts (any kind)
2 egg whites
2 cupfuls rolled oats
2 cupfuls pastry flour
1 teaspoonful soda
½ teaspoonful salt

Cream the shortening, beat in the sugar, the egg yolks and the milk. Flour the raisins and nuts, stir them in, add the egg whites, beaten dry, and the rolled oats. Mix and sift the soda with the flour, add to the mixture and roll into a thin sheet. Cut into shapes, and bake in a moderate oven.

Bran Cookies

½ cupful beef drippings
1 cupful sugar
2 eggs
¼ cupful sour milk
2 cupfuls bran
2 cupfuls pastry flour
½ teaspoonful salt
1 teaspoonful soda
1 cupful raisins or dates quartered or cocoanut
1 teaspoonful orange extract

Cream the drippings, beat in the sugar, eggs and extract and add the milk. Mix the raisins with the flour and add the soda. Beat this into the mixture, add the bran, roll out into a thin sheet, cut in squares and bake. The raisins may be omitted if desired.

Old-Time Seed Cookies

6 tablespoonfuls butter
1 egg
1 cupful sifted confectioner's sugar
3 tablespoonfuls caraway (seed)
½ teaspoonful rose extract
¾ cupful pastry flour

Cream together the butter, sugar and eggs. Add the flavoring and caraway seed, and beat in the flour. Drop by teaspoonfuls on an oiled pan two inches apart, and bake in a moderate oven until the edges are brown. It is a good plan to sprinkle the cakes with a few caraway seeds just before baking. Remove from the pan immediately, when taken from oven.

Oatmeal Macaroons

2 eggs
½ cupful sugar
1 tablespoonful melted butter or oleomargarine
¼ teaspoonful salt
1 teaspoonful vanilla
2½ cupfuls rolled oats

Beat the eggs light, and whip in the sugar. Add the other ingredients in the order given, and mix thoroughly. Drop from a teaspoon onto a well-oiled cookie sheet, shaping into symmetrical rounds. Bake in a moderate oven.

Plain Sugar Cookies

¼ cupful butter
¼ cupful lard
1 cupful sugar
4 tablespoonfuls milk
1 or 2 eggs
3 teaspoonfuls baking powder
Pastry flour to roll, about 3¼ cupfuls
2½ teaspoonfuls flavoring

Cream the shortening. Add the sugar, milk, the eggs, well-beaten, and the flavoring. Mix the baking powder in 3 cupfuls of sifted flour and add. If the mixture does not seem stiff, add another half cupful of flour, then cover and let stand several hours so that the flour may swell. Roll to one-quarter inch thickness, shape and bake in a moderate oven about ten minutes. One-half

DROPPED NUT COOKIES

FROSTED GINGER NUTS,
OLD TIME SEED COOKIES AND HONEY DROP COOKIES

teaspoonful of nutmeg, and one teaspoonful rose water is the old-fashioned flavoring.

Chocolate Drop Cookies

½ cupful butter
1 cupful sugar
3 eggs
1½ squares (ounces) chocolate
1 tablespoonful milk
1 teaspoonful vanilla
2 cupfuls pastry flour
2 teaspoonfuls baking powder

Cream the butter, beat in the sugar and eggs, and the vanilla; beat well, and stir in the chocolate, melted. Sift together the flour and baking powder and add alternately with the milk to the first mixture. Drop by teaspoonfuls on an oiled baking sheet, one inch apart. Press an English walnut meat on each cake, or dust thickly with shredded cocoanut. Bake in a quick oven.

Meringue Shells

4 egg whites
1 teaspoonful vanilla
1 cupful granulated sugar

Beat the egg whites stiff and dry. Then add the first half cupful of sugar, whipping the mixture until glossy. Then add the vanilla and fold in the remaining sugar. Tack heavy paraffine paper on wooden boards and draw circles on it two inches apart, the size of the meringues desired. Then pipe, or spread, the meringue mixture within these circles, and bake them an hour in a very slow oven. They should not brown during the first half hour.

CHAPTER XXIV

ICINGS AND FILLINGS

ALL MEASUREMENTS ARE LEVEL

It is unnecessary to ice a cake to have it look attractive; in fact, cake which is iced should be used only when it is to act as the sweet in the meal. If a plain layer cake is made, it can be attractively garnished with powdered sugar sifted on evenly just before serving, or a few broken nut meats finely chopped, or candied fruit, may be sprinkled over the mixture before it is put in the oven to bake, the rough edges making a pretty finish. Or, a combination of chopped almonds and granulated sugar may be substituted. This is very attractive on small cakes. It is a good plan to spread the top very lightly with jelly, egg white or honey before sprinkling the sugar on a cooked cake, as this will stick it in place.

The easiest icings are those which need no cooking. They may be made with either water, cream, cold coffee, butter, fruit juices, or egg white, but in making them only confectioner's or XXXX sugar should be used. This should be sifted, or, if very lumpy, rolled, and then sifted before adding to the liquid.

To Ice a Cake

To ice a cake to the best advantage, it should be at least twenty-four hours old. First brush off the crumbs. If an elaborate cake is being made, it is always best to put a preliminary plain confectioner's icing to " stick in the crumbs." This makes a hard surface, to which the ornamental icing can be applied. Put the cake on a box, or an icing stand, with a plate beneath it to catch all the extra icing that may drop off, as this can be used over and over. Spread the icing with a broad-bladed knife, or, better still, a spatula, as this is limber, dipping it first in hot water. This can be done in using either cooked or uncooked icing. All, of course, must be in place before the icing is "set." If a design is to be applied, first put on a plain icing, and, when almost dry, trace on it the design, or the place where the fruit, etc., is to be applied, so that it will be even when finished.

To make an attractive looking cake, it is not at all necessary to use a pastry bag and tube to apply the ordinary ornamental icing, for most attractive results can be gained by using little candies which can be made into flower designs of roses, holly, mistletoe, etc., with the aid of leaves and stems cut from angelica to give the green necessary.

To Prepare Angelica

Scald it in hot water, dry it thoroughly on cheesecloth or paper towels, and then cut in the desired shapes.

Using a Pastry Bag and Tubes

Choose a bag made of heavy duck. The necessary tubes are the Star, Rose Leaf tube, a small plain tube, and a large plain tube. More may be added as desired; or a pastry tube outfit may be purchased. This is a Swedish invention and is arranged so that the filling or a frosting, or whatever it is to be piped on, is put in a tin cylinder; the tubes fit tightly into place in the bottom, and the piston, which is easily operated by the hand, presses out the mixture evenly.

To use a bag and tube, adjust the tube firmly in position; make sure that it will not slip out of the opening at the base of the bag. To this end it is best to purchase a ring, which will fit into the end of the bag, into which the tube may be tightly fitted. Fill the bag a scant half full of the mixture, twist the top of the bag with the right hand and guide the tube with the left, forcing out the mixture by a gentle pressure with the right hand. It is impossible to give absolute directions for the making of the different shapes and designs with a pastry bag and tube. The best method, if a lesson cannot be taken from some expert in this line, is for the housewife to make up the recipe for Duchess potato. This can be experimented with over and over again as long as it is kept hot, and it is a very easy matter to find out just what can be done with the tubes.

Confectioner's Frosting

2 tablespoonfuls cream or boiling water
1 teaspoonful flavoring
Confectioner's sugar, about 1¼ cupfuls

To the liquid stir in enough sifted sugar to make of the right consistency to spread, and then add the flavoring. Fresh fruit juice may be used in place of the boiling water.

Plain Chocolate Frosting

Use the proportions as given in the preceding recipe for Confectioner's Frosting, and add with the sugar 1½ tablespoonfuls of powdered cocoa.

Raspberry or Strawberry Frosting

¼ cupful syrup from canned raspberries or strawberries
Sifted confectioner's sugar to spread, about 1½ cupfuls
½ teaspoonful lemon juice

Heat the syrup, add the lemon juice and beat in the sugar until of the right consistency to spread on the cake.

Raisin Frosting

2 tablespoonfuls boiling water
1½ cupfuls confectioner's sugar
¼ teaspoonful vanilla or orange extract
½ cupful chopped raisins

Mix the ingredients in the order given and spread as directed.

Rich Chocolate Icing

1½ squares (ounces) of chocolate (shaved)
2 tablespoonfuls hot cream
Few grains salt
1 egg yolk
1 teaspoonful melted butter
Confectioner's sugar
½ teaspoonful vanilla

Melt the chocolate in the cream. Pour into the salt, egg yolk and butter, beaten together. Stir in confectioner's sugar until of the right consistency to spread, then flavor and beat well.

Cocoanut Icing

2 tablespoonfuls boiling water
¼ teaspoonful vanilla
1¼ cupfuls confectioner's sugar
½ cupful shredded cocoanut

Mix the ingredients in the order given. If not sufficiently stiff, add a little more sugar. Spread on the cake as directed, and sprinkle immediately with more cocoanut.

Snow Frosting

1 teaspoonful corn starch
¼ cupful water
1 tablespoonful lemon juice
Confectioner's sugar (about 1½ cupfuls)

Boil the corn starch and water five minutes, add the lemon juice and stir in the sugar till of the right consistency to spread.

Orange or Lemon Frosting

1 egg yolk
2 tablespoonfuls orange or lemon juice
Few grains salt
Confectioner's sugar to spread

Add the fruit juice and salt to the egg yolks. Beat slightly, and, gradually, whip in confectioner's sugar to spread.

Vinegar Frosting

2 egg whites, beaten stiff
1 tablespoonful vinegar
1 tablespoonful corn starch
½ teaspoonful lemon extract
Confectioner's sugar to spread, about 2 cupfuls

Beat together all the ingredients, adding sugar until the frosting is stiff enough to spread. This is especially good on a spice cake.

Quick Coffee Icing

2 tablespoonfuls very strong coffee
1 tablespoonful cream
Confectioner's sugar to spread, about 1½ cupfuls

Heat the coffee, add the cream and vanilla, and gradually beat in the confectioner's sugar until the frosting is of the right consistency to spread.

Ornamental Frosting

4 egg whites
4 cupfuls confectioner's sugar
⅛ teaspoonful cream of tartar

Beat the egg whites with ½ cupful of the sugar for three minutes; then commence adding sugar in equal quantities, beating between the additions till half is used. Add the cream of tartar with the third cupful of sugar; then continue adding sugar, a little at a time, till a knife makes a "clean cut" in the frosting. It is then ready to use.

Maple Icing

1 egg yolk
3 tablespoonfuls maple syrup
Few drops vanilla
Confectioner's sugar
Chopped walnuts or hickory nuts

Mix together the egg yolk, syrup and vanilla, and beat in sifted confectioner's sugar till stiff enough to spread. Sprinkle the cake, when iced, with the chopped nuts.

Mocha Frosting

1½ cupfuls confectioner's sugar
1 teaspoonful vanilla
2½ tablespoonfuls strong coffee
½ tablespoonful cocoa
1½ tablespoonfuls butter

Cream the butter, add the cocoa and powdered sugar, gradually, until it begins to get thick, then add a little of the coffee and sugar, alternately, putting the vanilla in last.

Boiled Frosting

1 cupful sugar
¼ cupful water
1 egg white
Flavoring

Boil the sugar and water until it threads. Pour the syrup in a fine stream onto the egg white which has been beaten dry; flavor and beat until thick enough to spread, or return to a double boiler until the edges are dry, and the frosting will hold its shape when dropped from the spoon onto a cold plate, or onto the frosting itself.

Boiled Chocolate Frosting

Make according to the preceding recipe for Boiled Frosting, adding a square and a half (1½ ounces) of shaved chocolate to the syrup when put on to cook.

Fig Frosting or Filling

Make according to the recipe for Boiled Frosting and add 1¼ cupfuls of chopped dried figs, just before the frosting is ready to spread. This also makes a delicious cake filling.

Marshmallow Frosting

Make according to the recipe for Boiled Frosting and add five quartered marshmallows just before beating the mixture.

Walnut Cream Frosting

Make according to the recipe for Boiled Frosting, adding a half cupful of coarsely-chopped walnuts or hickory nut meats before beating the mixture.

Boiled Orange Frosting

Prepare the mixture for plain Boiled Frosting, and, just before beating, add ¼ teaspoonful of finely-grated orange rind and 1 teaspoonful of orange juice.

Double Chocolate and White Frosting

Prepare according to the recipe for Boiled Frosting; spread it on the cake, and, when it is stiff, pour on a thin layer of melted chocolate, either the ordinary cooking chocolate, which will give a slightly bitter taste, or dipping chocolate, as is used for candies.

Boiled Butter Frosting

1½ cupfuls sugar
¼ cupful water
2 tablespoonfuls butter
Few drops vanilla

Dissolve the sugar in the water, then boil together, without stirring, until it threads. Add the vanilla, and, when tepid, beat until it is thick enough to spread.

Boiled Coffee Frosting

½ cupful clear cold coffee
⅛ teaspoonful cream of tartar
2 cupfuls granulated sugar
¼ cupful coffee
¼ cupful milk

Mix together, stir until dissolved, and boil, without stirring, until a very soft ball is formed in cold water; remove from the heat, cool until tepid, add a few drops of vanilla, if desired, and beat until creamy.

Boiled Caramel Frosting

1 cupful brown sugar
½ cupful granulated sugar
¼ cupful water
2 egg whites
½ teaspoonful vanilla

Boil the sugar and water until it threads. Pour slowly onto the egg whites, beaten stiff, and beat until nearly cool; then cook over boiling water until the mixture becomes slightly dry around the edges. Remove from the heat and beat until it will hold its shape.

Caramel Nut Frosting

Add a half cupful of broken English walnuts, hickory nuts or black walnuts to the boiled caramel frosting just before spreading on the cake.

Boiled Maple Walnut Icing

½ pound maple sugar
¼ cupful boiling water
1 egg white
½ cupful broken walnut, hickory nut, or black walnut meats

Scrape the sugar; add the water and boil until the mixture threads. Pour slowly onto the egg white, beaten stiff; add the nut meats and beat until thick enough to spread.

Pineapple Filling and Frosting

½ cupful shredded canned pineapple
½ cupful cocoanut, if desired
⅔ cupful boiling juice from canned pineapple
2 cupfuls granulated sugar
2 egg whites
1 teaspoonful orange extract

Boil the pineapple juice and sugar until it threads. Flavor with the extract. Select two bowls, and have ready in each one a beaten egg white. Pour one-half the syrup onto one of them, add the pineapple (well drained) and the cocoanut and beat till stiff. Spread and set the second layer in position. In the meantime, keep the remaining syrup warm, pour onto a second egg white, beat till it will hold its shape, and ice the top layer.

Apple Frosting

1 cupful sugar
⅓ cupful water
1 egg white
1 tart apple

Boil the sugar and water, until it threads. Beat the egg white stiff and pour the syrup slowly into it. In the meantime, have the apple grated and beat it slowly into the frosting; flavor, if desired, with orange extract, and spread.

Fudge Frosting

2 cupfuls sugar
2 squares (ounces) chocolate
1 tablespoonful butter
½ cupful milk
⅛ teaspoonful cream of tartar
½ teaspoonful vanilla

Boil the ingredients together, without stirring, until a soft ball can be formed, when a little is tried in cold water. Cool until tepid, add the vanilla, beat until thick and spread.

Marshmallow Fudge Frosting

Add ½ cupful quartered marshmallows to the preceding mixture just before beating.

Tutti Frutti Filling

2 tablespoonfuls granulated gelatine soaked in
½ cupful water
2 cupfuls sugar
½ cupful cold water
½ teaspoonful vanilla extract
⅓ teaspoonful orange extract
3 tablespoonfuls mixed candied fruits
2½ tablespoonfuls chopped nuts (any kind)

Boil the sugar and cold water until it threads. Dissolve the gelatine over steam, and pour the syrup slowly onto it; add the vanilla. Set in cold water, beat until thick and then stir in the candied fruits and nuts, chopped fine. Spread thickly between two layers of cake.

Peach Filling

1¼ cupfuls canned or dried peach juice and chopped pulp
¼ teaspoonful salt
3 tablespoonfuls corn starch
½ cupful sugar
A little lemon rind, or
¼ teaspoonful lemon extract

Mix the corn starch, sugar and salt. Add the peach juice, boiling hot, and boil for five minutes, stirring often. Cool and flavor. If the lemon rind is used, it should be put in the fruit juice when it is heating.

Orange Filling

3 tablespoonfuls flour
½ cupful sugar
1 egg, slightly beaten
Grated rind one orange
¾ cupful orange juice
1 tablespoonful lemon juice
1 tablespoonful butter

Mix the ingredients in the order given and cook ten minutes in a double boiler, stirring constantly. Cool before spreading.

Orange Date Filling

Add ¼ cupful of chopped dates to Orange Filling just before spreading.

Banana Filling

4 bananas
2 tablespoonfuls sugar
1 tablespoonful lemon juice
1 tablespoonful corn starch
Few grains salt

Put the banana pulp through the potato ricer, and scald it with the sugar, corn starch and salt. Cool, add the lemon juice and use as a cake or sandwich filling.

Cream Filling

1 cupful milk
6 tablespoonfuls sugar
4 tablespoonfuls flour
¼ teaspoonful vanilla or other flavoring
Few grains salt
1 egg

Scald three-fourths cupful of the milk and thicken with the flour dissolved in the extra milk. Beat together the sugar, egg and salt and add to the milk and thickening; cook over hot water for fifteen minutes, stirring occasionally. Cook before adding the flavoring. This will put together two layers of cake.

Cocoanut Cream Filling

Add one-half cupful shredded cocoanut to the above recipe just before removing it from the heat.

Chocolate Cream Filling

Add 1½ squares (1½ ounces) of shaved chocolate to the milk in the recipe for Cream Filling when it is put on to scald; then finish as directed. Increase the sugar to ½ cupful.

Coffee Cream Filling

Scald a tablespoonful of ground coffee in the milk, according to the directions for Cream Filling, and proceed as directed.

Chocolate Jelly Filling

- 2 squares (ounces) chocolate
- 1 cupful boiling water
- ¾ cupful sugar
- 1 teaspoonful vanilla
- 1 teaspoonful butter
- 2 tablespoonfuls corn starch, dissolved in
- ½ cupful cold water

Melt the chocolate. Add the boiling water, sugar and butter, and then the corn starch. Boil at least five minutes. Cool and flavor.

CHAPTER XXV

PASTRY

ALL MEASUREMENTS ARE LEVEL

The making of pastry is a rock on which many housewives stumble. There are several reasons for this; probably the most pertinent is that most women feel that the making of pie, or anything allied to it, is a very difficult task, success being given to only a chosen few. Another reason is because this fearful, heavy mental attitude retards the hand, and, therefore, makes the touch heavy; successful pastry cannot be made if the process is drawn out, or if it is mussed over. A great deal has been said about the necessity for chilling all the utensils, using ice water, etc., but when we remember what delicious pies we have frequently eaten, which were made by old-fashioned cooks who heeded neither cold nor measurement in particular, we can see that this argument does not hold good. Any woman, given a good recipe, and working quickly, can make a delicious pie, provided she understands the baking. Pastry flour gives the best results.

Pastry enough for two or three bakings may be made at a time, rolled up, dusted with a little flour, and set in a cool place in a covered utensil until needed. Or, if desired, several extra patty shells may be baked at once, stored in a tin box, and kept a week or two before using; re-heating will make them as delicious as when freshly made. This is an especially good plan to follow during the berry season, when a strawberry or raspberry tart may be made in a few minutes if the shell is ready.

Putting the Pie Together

It is not necessary to oil a pie plate, for there is enough fat in the crust to make this unnecessary. Probably the most satisfactory pie plates are in the new cooking glass and it is an especially attractive ware, if the pie plate is to appear on the table.

The brown earthen plates, which are quite deep, and which fit into silver or nickle holders, are also excellent for thick pies, like custard or lemon.

The crust should be rolled out to a scant one-eighth of an inch, or pasteboard, thickness. In lining the plate, lay the crust on, loosely. Do not make it taut or it will crisp and break during the baking. Cut it off to within one-fourth of an inch of the edge of the plate by means of scissors. If a berry or other juicy pie is being made, bestrew the bottom crust with a few fine dry bread crumbs, or cracker crumbs, or a little flour. This will absorb at once the excessive moisture and prevent the crust from being soaked. Or, the bottom crust may be "painted" with a little unbeaten egg white, which will coagulate as soon as the heat reaches it and make an impervious coating. After the filling is put in, the top crust may be put in position. This should also be rolled to pasteboard thickness, and, like the bottom crust, should extend from one-eighth to one-fourth inch beyond the edge of the plate. The extending edge of the lower crust should be lightly rubbed with cold water before placing on the top crust, which should be cut in the middle according to the time-honored custom, to allow for the emission of steam, as, otherwise, this is liable to make the crust soggy inside.

To achieve an appetizing brown result, brush the pie lightly with milk before putting it in the oven. It may be dotted with butter or other fat, as well, which will make it look a little more flaky, but this is not necessary. If dotted with fat alone, it will look spotty.

If a very juicy pie is to be made, it is sometimes necessary to bind the outer edge of the plate with a thin strip of cloth (or "finger bandage" if expense does not have to be considered). To do this, press together the edges of the pie, as directed. Have the strip of cloth about an inch wide, dip it in water, or milk, and simply bind it around the edge of the plate, making it fairly tight.

In making tart shells, or shells for lemon pie or cooked fruit, put the crust, rolled to pasteboard thickness, on the inverted plate, putting it on so that it fits, but cutting it off on the bottom even with the edge of the plate. Prick it at the flange of the plate with a fork so that the expansion of the air underneath will not cause it to rise irregularly in bubbles, and prick it occasionally on the top (that is the inverted bottom), and also a few times near the edge.

Baking Pies

The oven for all pies should be fairly hot — at first about 375 degrees — in order to set the crust so that the filling will not soak in. As the filling heats through, the heat may be reduced to about 350 degrees. Squash, custard and pumpkin pies, or any pie that contains egg as a thickening agent, should not be cooked so rapidly that the filling will boil, as this causes separation, and will make the pie watery. When done, the center should be firm, and a knife, when inserted, will come out clean.

Thick fruit pies, like an old-fashioned apple pie, or a berry pie, will need longer cooking than those that are less thick. Generally speaking, a thin apple pie will cook in thirty-five to forty minutes; more time should be allowed for a thicker one. Mince pies, which have a cooked filling, will be done in twenty-five minutes; thick fresh fruit pies will need from forty to fifty minutes. Custard, squash and pumpkin pies should be baked until they are firm in the center, or when a knife, if inserted, will come out clean; this will be in about forty minutes.

When a pie is to be topped with a meringue, it should be put on ten minutes before the pie will be done. The finishing must be done in a very slow oven; the secret of a good meringue lies in this slow cooking.

If the following recipe is heeded, and time is allowed for cookery, the meringue will be tender, will not fall and will not be watery.

Meringue for Pies and Puddings

2 egg whites
2 tablespoonfuls powdered or confectioner's sugar
A few drops of flavoring extract or lemon juice

Whip the whites until stiff, but not until they look dull, like snow. Then beat in the sugar and flavoring, whipping until the mixture looks shiny. Do not have the surface upon which the meringue is to be spread too hot. Bake in a moderate oven about ten minutes for a meringue of moderate thickness — longer for a very thick meringue. If a larger quantity is desired, use two tablespoonfuls of sugar to each additional egg white. If over-baked, the meringue will be tough. If under-baked, bubbles of liquid will collect on the surface.

Puff Paste

2½ cupfuls pastry flour
½ teaspoonful salt
1 scant half cupful water
1½ cupfuls butter

Sift together the flour and salt and cut in the butter with a knife, doing it all on a board. Then take out the large floured lumps and heap up the mealy flakes to form a well. Stir in ice water to moisten but not to make it wet. Flour the mixture a little and roll out to one-half inch thickness. Put on this one-half of the floured lumps of butter. Fold over the top, press the edges together firmly, and roll this into a long strip. Then lay on the remaining bits of butter as directed, doubling it in the opposite direction. Flour slightly, fold in threes and fours, chill for at least one hour and unroll the same way in which it is rolled before chilling.

French Pastry

The French Pastry which we find in the best hotels and tea-rooms has as a foundation the Puff Paste given in the preceding recipe.

The paste may be rolled into squares, or strips, and folded over as fancy may dictate, the filling being of cooked fruit, jam, marmalade or even a cooked cream filling, or sweetened and flavored whipped cream. Any of the pastries seen in the hotels may be copied by an observing housewife.

Patty Shells

Patty shells may be made from the formula for Puff Paste. After the paste has been thoroughly chilled, cut out rounds one-quarter inch in thickness, and place them on a pan lined with brown paper. Lightly rub the edges of these rounds with cold water. Then cut out rings one-quarter of an inch wide of the pastry of exactly the same size as the larger rounds. Press one of these lightly in position on each of the large rounds. Brush this lightly with a little cold water. Bake in a moderate oven about thirty-five minutes, covering the shells with paper during the preliminary cooking. They will raise and be flaky and may be used with a filling of oysters, creamed sweetbreads, chicken and mushrooms, or with crushed and sweetened fruit of any kind. If higher patty shells are desired, put on two of the narrow rounds of pastry instead of one.

Short-Cut Pastry

3 tablespoonfuls chicken fat
or
5 tablespoonfuls lard
1 cupful pastry flour
¼ teaspoonful salt

Sift together the flour and salt and stir in the chicken fat (or the chicken fat substitute melted to the consistency of chicken fat). It must not be hot. Moisten with cold water till of the consistency to roll. Roll out and use. This makes a very tender crust and is enough for one pie.

Flaky Pastry

1 cupful pastry flour
5 tablespoonfuls lard
½ teaspoonful salt
About 6 tablespoonfuls cold water

Combine the salt and flour and work in one-half the lard with the finger tips, keeping the mixture coarse and flaky. Moisten the dough with ice water, turn on a slightly-floured board, dust with flour, pat and roll out. Fold in the remaining lard (which should be rather soft) by placing the other half of the crust over it; press the edges together firmly to incase as much air as possible, press with the rolling pin and roll it out. Fold again and roll. Do this three times. This quantity will make one pie with two crusts, or one pie with the crust built up.

Short Biscuit Paste for Meat or Fish Pies

2½ cupfuls bread flour
4 teaspoonfuls baking powder
Milk to make a stiff dough
6 tablespoonfuls butter or oleomargarine
1 teaspoonful salt

Mix and sift the flour, salt and baking powder. Work in 4 tablespoonfuls of the butter and moisten to make a stiff dough. Turn onto a floured board, pat to one-quarter inch thickness, and spread with 1 tablespoonful of butter; fold over, roll out and repeat with the remaining butter. Fold, roll, and cut in desired shape.

Apple Pie

4 or 5 tart apples
⅜ cupful sugar
¼ teaspoonful grated nutmeg
⅛ teaspoonful salt
1 teaspoonful butter
1 teaspoonful lemon juice
Pastry

Line a pie plate with pastry. Pare, core and cut the apples into eighths, or thin slices, and arrange evenly in the plate. Mix the sugar and flavorings together and sprinkle over the apples. Dot with the butter and finish according to general directions for baking pie.

Marlboro Pie

2 cupfuls tart apple sauce
1 cupful sugar
1 tablespoonful flour
Juice and rind one lemon
3 eggs
Pastry

Add the sugar, flour and lemon to the apple sauce. Beat the egg yolks lightly, add to the mixture and pour into a plate lined with flaky pastry. Bake until firm in the center, then cover with a meringue made of the egg whites, 3 tablespoonfuls of powdered sugar and a few drops of lemon juice. Finish in a slow oven. Serve cold.

Double Apple Pie

Butter two pie plates of corresponding size. Fill each with sliced, tart apples, mixed with a cupful of sugar and a little nutmeg or cinnamon. Cover with a flaky top crust and bake. To serve, turn one pie, with the filling, onto a large plate, top with the second pie, apple side up, and accompany with plain or whipped cream.

Astrakan Apple Custard Pie

4 to 6 astrakan apples, sliced thin
2 eggs
1 cupful milk
⅝ cupful sugar
¼ teaspo[illegible]g, or the
Juice and grated rind of ½ lemon
Pastry

Line a pie plate with the pastry. Slice the apples thin and combine them with the sugar, the nutmeg, or lemon. Put in the pie plate. Beat the egg yolks, slightly, combine them with the milk, pour over the apples and bake gently about thirty minutes in a moderate oven. Just before the apples are tender and the custard is set, pile on a meringue made of the egg whites and 2 tablespoonfuls of powdered sugar. Bake slowly ten minutes longer.

Peach Custard Pie

Substitute sliced peaches for the apples in the preceding recipe.

Plain Rhubarb Pie

1½ cupfuls unpeeled rhubarb cut in dice
1½ cupfuls sugar
1 egg
Fine cracker or bread crumbs
1½ tablespoonfuls butter
Pastry

Sprinkle the lower crust, as directed, with crumbs. Beat the egg, add the sugar and rhubarb, and spread over the lower crust. Put on the top crust and finish according to general directions.

Rhubarb and Raisin Pie

1½ cupfuls rhubarb, diced
½ cupful halved raisins
1¼ cupfuls sugar
2 rolled crackers
1 egg
Pastry

Line a pie plate with pastry. Mix together the rhubarb, raisins, sugar, crackers and egg. Fill the plate, and cover entirely with crust or make a lattice top, and bake according to general directions.

Rhubarb Tart

Prepare Baked Rhubarb and thicken with 2 tablespoonfuls of corn starch to each cupful of rhubarb. Add a dash of lemon juice. Bake a pastry shell; pour in this mixture before it is entirely cold and lay on, criss-cross, strips of baked pastry, or figures cut from pastry and baked.

Cranberry and Raisin Tart

2 cupfuls cranberries
½ cupful seeded raisins
1 cupful sugar
1 tablespoonful orange juice
½ cupful cracker or dry bread crumbs
1 egg
Pastry

Add a half cupful of water to the cranberries and raisins, and simmer gently until the cranberries pop open. Sweeten, cool, add the orange juice, crumbs and egg, and turn into a pie plate lined with pastry. Finish the top with crisscross strips of pastry to represent lattice work and bake according to general directions.

Fruit Turnovers

Shape any kind of pastry into rounds of the size desired. They should be as large as a small saucer. Put a tablespoonful of chopped raw and sweetened fruit, or cooked sweetened fruit on one-half of each round, moisten the edges with cold water, fold over and press together with the fingers or a fork. Brush over with milk and bake according to the general directions for pie, or fry in deep fat hot enough to brown a bit of bread in a minute and drain on crumpled paper.

Meat Turnovers

Shape pastry as described in the previous recipe and substitute cooked, minced and seasoned meat for the fruit. Proceed as directed.

General Directions for Berry Pies

3 cupfuls blackberries, raspberries, huckleberries, blueberries, or loganberries
From ¾ to 1 cupful sugar
2 tablespoonfuls butter
¼ teaspoonful desired spices
2 tablespoonfuls dry bread or cracker crumbs
Pastry

Line a pie plate with the pastry, sprinkling over half the crumbs, dot with part of the butter and spread on half the sugar. Then fill the plate with the berries, and sprinkle over the remaining sugar, spices, and the crumbs and dot with the remaining butter. Put on the top crust and finish according to general directions. Cinnamon is delicious with raspberries, and nutmeg with blueberries; ginger or nutmeg with huckleberries, blueberries and blackberries.

Lemon Meringue Pie

1 cupful sugar
1 cupful boiling water
3 tablespoonfuls corn starch
1 teaspoonful butter
2 egg yolks
4 tablespoonfuls lemon juice
Grated rind ½ lemon
Pastry

Mix the corn starch and sugar; add the boiling water, stirring constantly.

Cook for two minutes, then add the butter, the egg yolks, and lemon rind and juice. Stir constantly. Bake the crust separately, and pour in the filling which has been cooled, and cover with a meringue. Bake as directed.

Lemon Sponge Pie

2 tablespoonfuls flour
1 tablespoonful butter
1 cupful sugar
1 cupful milk
Rind and juice 1 lemon
2 eggs, separated
Pastry

Beat the flour, butter, sugar, egg yolks and lemon together. Add the milk, stir well and, finally, fold in the egg whites, whipped to a stiff froth. Pour into a deep pie plate, lined with pastry, and bake according to general directions.

Pineapple Sponge Pie

1¼ cupfuls canned shredded pineapple
¾ cupful sugar
1 tablespoonful melted butter
2 eggs, separated
Pastry

Beat the egg yolks and sugar together, and add to the pineapple with a grating of lemon rind, if desired. Fold in the egg whites, beaten stiff; pour into a plate lined with pastry, and bake according to general directions.

Butterscotch Pie

1½ cupfuls medium brown sugar
1½ cupfuls boiling water
3 tablespoonfuls corn starch
2 tablespoonfuls granulated sugar
2 tablespoonfuls butter
3 eggs
Few grains salt
Pastry

Caramelize the granulated sugar, add the boiling water and the brown sugar; thicken this mixture with the salt and corn starch mixed with a little cold water. Add the butter and pour this mixture onto the well-beaten egg yolks. Pour into a cooked pastry shell; cover with a meringue made of the egg whites, and bake ten minutes in a slow oven.

Custard Pie

3 eggs
½ cupful sugar
¼ teaspoonful salt
2 cupfuls milk
Grating nutmeg
Pastry

Beat togther the eggs and sugar, salt and spice, and then pour in the milk, which should not be heated. In the meantime, line a pie plate with pastry, pour in the custard mixture, grate over a little nutmeg and bake according to general directions. A half teaspoonful of vanilla may be substituted for the nutmeg, if desired.

Mince Pie

Line a pie plate with the pastry as directed, spread over the mince meat, dot it with butter or oleomargarine; place on the upper crust, and bake according to the general directions.

Cream Fruit Pie

Bake a shell, as directed. Just before serving time fill with a Cream Filling; top with finely-sliced bananas, halved and sweetened strawberries, thinly-sliced and sugared peaches, or any other bland fruit desired. Put on a meringue, and serve plain or with sweetened and flavored whipped cream.

Pumpkin Pie

2 cupfuls steamed sifted pumpkin
½ cupful sugar
2 eggs, slightly beaten
¼ teaspoonful salt
1¼ cupfuls milk
¼ cupful Barbadoes molasses
2 tablespoonfuls melted butter or oleomargarine
½ teaspoonful ginger
1 teaspoonful cinnamon
Pastry

Mix the ingredients in the order given; line a plate with pastry, pour in the mixture, and bake according to the general directions.

Little Pumpkin Pies

1½ cupfuls steamed, sifted pumpkin
½ cupful sugar
3 eggs
¼ teaspoonful salt
6 tablespoonfuls maple syrup
3 tablespoonfuls melted butter or oleomargarine
½ teaspoonful ginger
1 teaspoonful cinnamon
1½ cupfuls milk
Pastry

Mix the ingredients in the order given; line little fluted tins, or shallow cup-cake pans with the pastry. Pour in the mixture and bake about twenty-five minutes in a moderate oven, or until the centers are firm.

Squash Pie

2 cupfuls sifted squash
1 cupful sugar
1 teaspoonful salt
1 teaspoonful cinnamon
¼ teaspoonful ginger
3 cupfuls scalded milk
2 eggs
Pastry

Add the seasonings to the squash, beating thoroughly. Combine the milk and the eggs, slightly beaten, add this slowly to the first mixture and pour into a deep pie plate lined with crust. Bake according to general directions.

Chocolate Cream Pie

1½ cupfuls milk
½ cupful sugar
2 tablespoonfuls shaved chocolate
3 eggs
1 tablespoonful corn starch
¼ teaspoonful salt
½ teaspoonful vanilla
Pastry

Add the chocolate to the milk, and cook in a double boiler till smooth. Beat together the corn starch, salt, vanilla, egg yolks and sugar, and pour into a deep pie plate lined with pastry.

Bake in a moderate oven till nearly done, then cover with a meringue, made of the egg whites, beaten stiff with 3 tablespoonfuls of confectioner's sugar, and finish with ten minutes in a slow oven.

Cream Pie

Bake a pastry shell. Just before serving fill with Cream Filling, and finish with a meringue, or bake a "cover" and set it over the cream.

Cocoanut Custard Pie

2 cupfuls milk
3 eggs
½ cupful sugar
3 tablespoonfuls powdered sugar
1 teaspoonful melted butter
4 tablespoonfuls shredded cocoanut
½ teaspoonful vanilla
Pastry

Separate the eggs; beat the yolks with the sugar, butter and vanilla, and add the milk and cocoanut. Line a deep pie plate with pastry; pour in the mixture and bake as directed. When almost done, pile on the top a meringue made of the egg whites and powdered sugar, and bake ten minutes longer in a very slow oven.

Fruit Tarts

Bake individual pastry shells over inverted cup-cake tins. Just before serving time, fill them with sugared raspberries, halved strawberries, or loganberries, or with sliced and sugared peaches, sliced and sugared oranges, mixed with cocoanut, or a cooked cream filling. Serve with sweetened whipped cream, if desired. With the exception of the orange filling, these may be served with a custard.

Orange Fanchonettes

1 cupful sugar
1 cupful boiling water
3 tablespoonfuls corn starch
1 teaspoonful butter
2 egg yolks
1½ tablespoonfuls lemon juice
Juice and rind 1 orange
Pastry

Mix the corn starch and sugar, and add the boiling water, stirring constantly. Boil three minutes, add the butter, egg yolks and fruit juices. Stir well, and pour into little patty pans lined with pastry and bake until almost done; pile on a meringue, and finish according to directions.

Apple Strudel

1¼ cupfuls pastry flour
3 tablespoonfuls butter
Milk
Few grains salt
1 egg
1 teaspoonful cinnamon
1 pint apples (measured after peeling and chopping)
1 cupful bread crumbs browned in fat
½ cupful chopped raisins
½ cupful almonds

Rub the butter into the flour, and add the salt, beat the egg well and put it in, then pour in enough milk to make a paste the consistency of pie crust. Mix the other ingredients thoroughly, roll the paste thin, and spread this over it. Fold it over and roll as thin as possible without breaking the crust; then roll up like a jelly roll, shape like the figure eight and bake gently forty-five minutes to an hour, basting occasionally with a little melted butter. Serve sliced, either hot or cold, plain or with any fruit pudding sauce.

Strudel or German Cheese Cake

- 1 cupful cream or cottage cheese, packed in loosely
- 2½ cupfuls milk
- ½ cupful sugar
- 3 eggs
- ½ tablespoonful lemon juice
- ¼ teaspoonful salt
- ½ cupful currants
- Pastry

Line a plate with pastry. Mix together the sugar, eggs, cheese and seasonings, and add the milk and currants. Pour into the pie plate, and bake for forty-five minutes, or until firm, in a moderate oven.

Cheese Pastries

- 1¾ cupfuls cottage cheese
- 6 tablespoonfuls sugar
- ½ cupful light cream
- 1 tablespoonful melted butter
- Grated rind and juice 1 lemon
- 3 eggs
- ¼ cupful currants
- ¼ cupful shaved citron
- Pastry

Rub the chese through a sieve and add it to the sugar, cream, butter, lemon, the eggs, well-beaten, and the fruit.

Line small, fluted pans with pastry, fill with the cheese mixture and bake about fifteen minutes. When half-cooled, sprinkle with powdered sugar, and serve accompanied by cherry preserves.

Cheese Sticks (From Pastry)

Roll any remaining pie crust thin. Sprinkle plentifully with grated cheese, and dust with paprika. Fold, press the edges lightly together, roll out and add cheese as before. Do this three times, then cut in long narrow strips and bake in a moderate oven.

Mince Meat

- 3 pints chopped meat (beef heart preferred)
- 6 pints chopped apple
- 1 pound chopped suet
- 1 cupful boiled cider
- 3 cupfuls brown sugar, or
- 2 cupfuls brown and 1 cupful white sugar
- 1 cupful Barbadoes molasses
- 2 tablespoonfuls ground cloves
- 3 tablespoonfuls salt
- 3 tablespoonfuls ground cinnamon
- 1 cupful grape juice
- 1 tablespoonful nutmeg
- ¼ pound citron
- 3 pounds raisins
- 1 pound currants
- 1 cupful, chopped candied orange peel
- 3 lemons and the grated rind of 1 lemon

Put the suet through the food chopper. Pare, core and quarter the apples, removing all the hulls; chop a little coarser than the meat. Add the other ingredients (except the spices), and 1½ cupfuls of meat stock. Heat gradually, stir occasionally, and cook slowly two hours. Then add the spices and the grape juice.

Lemon Mince Meat

- 2 lemons
- 6 apples, chopped
- ½ pound suet, chopped
- 1½ cupfuls sugar
- 1 pound currants
- ½ pound raisins
- 2 ounces citron, shredded

Boil the lemon peel until very tender, then chop fine, reserving the liquor; add to the other ingredients together with the lemon juice, moisten with the liquor, and use as any mince meat.

Cream Puffs

- ½ cupful butter
- 1 cupful boiling water
- 1 cupful pastry flour
- 4 eggs

Boil the water and butter together in a saucepan. Add the flour all at once, and stir until the mixture leaves the sides of the pan. Remove from the heat, cool for five minutes and stir in thoroughly one unbeaten egg at a time. Butter a baking sheet and set the mixture in rounds about two inches in diameter, leaving at least two inches between them. Bake thirty minutes in a moderate oven and, when cold, split on the side and fill with whipped cream, which has been sweetened, and into which a little strong coffee and a few drops of vanilla have been beaten. Frost the top of each with a teaspoonful of coffee icing. Or, fill with a cooked cream, or fresh sugared fruit.

Éclairs

Make according to the preceding Cream Puff recipe, only shape with a spoon into long strips, or use a large, plain pastry tube for shaping. Bake as cream puffs. Just before serving time, split and fill with a cooked-cream filling, cooked-coffee filling, or with crushed and sweetened fruit. In the latter case, serve with whipped cream. If the éclairs are to be iced, spread on the frosting while they are still a little warm.

CHAPTER XXVI

THE MAKING OF CANDIES

ALL MEASUREMENTS ARE LEVEL

The making of candies at home is, unfortunately, generally considered such a task that it is seldom done; perhaps because most of the recipes for home-made candies are too complicated and the results gained are not nearly so palatable as when the candies are purchased ready made. But when it is realized that most of the candies on sale contain impure and injurious substances, which cannot help but tear down or harm the tissues of the body, any mother will count it worth while to make candies for her children, unless she is absolutely sure of the purity of the commercial product. Or, better still, she will teach the children themselves to make the candies, giving them the double joy of creating and partaking.

The "penny candy habit" is especially to be condemned. Although there are a few grades of pure candies on the market, they are usually high-priced and almost never on sale at a penny a piece. The majority of the manufacturers of cheap candies do not hesitate to use any material to produce an alluring effect. Shellac, glue, talcum, paraffine, stearin, artificial chocolate made from iron oxide and cocoa shells, lamp black, sulphurous acid, coal tar dyes and the whole gamut of flavoring ethers contribute to make these candies lurid and tempting to the child who is taught to judge by appearance rather than by substance. For example, shellac is used to coat candies, like burned peanuts or "Boston baked beans," to render them impervious to dampness and to keep them perpetually fresh. Shellac contains wood alcohol — a deadly poison — and yet such candies are constantly being bought by children.

As a general rule a child that is properly fed will not require excess sweets unless he is very active, and they may then be introduced in the form of dates, old-fashioned molasses candy (made from Barbadoes molasses), home-made, sugared popcorn, maple syrup, or any of the maple syrup candies. If the child is allowed the inestimable privilege of making it himself, the candy will become the greatest treat possible. Give the child enough sweets with his meals to balance his desire in the form of bread and jam, home-made biscuits and honey or maple syrup, fresh fruits, and stewed, sun-dried fruits. After school answer the clamor for " a penny to spend " with a generous slice of bread and butter thick with brown, or scraped maple, sugar, or a date and nut sandwich — and keep him away from the corner store. If a child is well-nourished and not taught to eat candy, he will not demand it.

Packing Home-Made Candies

Home-made candies, if to act as gifts, should be attractively packed. It is not always possible to duplicate the commercial package at home, but, if care is taken in shaping and cutting, the receptacle bears a touch of garniture which is appropriate and the value of the gift is greatly enhanced. Decorated boxes may be obtained in almost any size desired, from five cents up, while plain white ones may be obtained at less cost. If the latter are wrapped in pale green tissue paper, tied with a gilt or silver cord, with a sprig of holly, or other green, or flowers tucked in the knot, it will look attractive. Heart-shaped seals may hold the card in place at the Valentine season; holly seals at Christmas, and so on, each season of the year being appropriately indicated by the wrapping.

Occasionally it is desirable to add a gift with the candies. In this case they may be packed in tiny splint baskets, or those of the wicker type, shallow ones being especially suitable for stuffed fruits, candied orange peel and candies of irregular size, while deeper ones are better suited to regularly shaped sweets, as nut fudge, etc. Pretty little glass jars may also be found as low as twenty-five cents. While alone they may not be enough to act as a gift, if filled with home-made mints, or winter-greens, and tied with a bow of ribbon, they become really attractive gifts. Various china dishes and glass bowls, plain, or of a silver deposit, may be obtained at a similar price, and filled with candies of suitable size.

Cretonne-covered boxes, which may be used later for handkerchiefs or gloves, are attractive for this purpose, while, if candy is to be given to a child, it could be piled into a five-cent sand pail, or heaped into a ten-cent wooden automobile, or a cart with a horse attached. Or, pop-corn balls may be wrapped in paraffine paper and fastened with seals, and if desired they may hold a surprise in the center, as a marshmallow, a chocolate cream or a stuffed date.

Using the Sugar Thermometer

Candy may be successfully made without a sugar thermometer, but the use of the thermometer obviates the close watching that is otherwise necessary. The following table explains the terms used in candy making, together with the degrees on the thermometer:

Thread stage, 220 to 225 degrees F., or when a thread hangs from the spoon, when it is lifted from the syrup.

Soft Ball stage, 238 to 240 degrees F., or when a soft ball is formed when a little of the syrup is dropped in cold water.

" Chewy Ball " stage, 250 to 252 degrees F., or when a fairly hard ball is formed when a little of the mixture is tried in cold water.

Crack Stage, 290 to 300 degrees F., or when a little of the mixture rattles against the cup when tried in cold water.

White Fondant

2½ pounds granulated sugar, or 5 cupfuls
1½ cupfuls hot water
¼ teaspoonful cream of tartar

Put the ingredients into a smooth saucepan. Stir until dissolved, and heat gradually to boiling point. Boil without stirring until, when tried in cold water, a soft ball may be formed that will keep its shape. The temperature will be 238 degrees F. If the sugar adheres to the sides of the kettle, remove with a piece of wet cheesecloth. Pour slowly onto a slightly-oiled slab, or a large platter, oiled. Let it stand for a few minutes to cool, or until when pressed with the finger a dent is left on the surface, and yet no crust is formed. If stirred while too hot, it will grain. If a crust forms, every particle must be taken off, or else the boiling must be done again. When it will dent, scrape the fondant together and work with a wooden spoon or spatula, until it is white and creamy. It will quickly change from this consistency, so begin kneading while it is still creamy, otherwise it will lump, and will be difficult to handle. Scrape the slab and knead the scrapings separately. Do not mix the fondant unless it is perfectly free from lumps. Put it into a bowl, cover with oiled paper or a damp cloth and let stand twenty-four hours before using.

Before using fondant for dipping it must be put over hot water and steamed, and it may be necessary to add a very little hot water to allow for the evaporation which will take place while the fondant is being kept hot. Fondant may be kept an indefinite time, if closely covered with a damp cloth and then with a cover.

Quick Fondant

2 egg whites
Flavoring
2½ cupfuls confectioner's sugar

Beat the whites slightly, and add the sifted sugar, a little at a time, until stiff enough to knead. Work in flavoring as desired. Then cover the hands and dredge the board with sugar, and form the candies in the shapes desired.

Dipping Chocolates

For dipping chocolates, purchase the regular confectioner's dipping chocolate. To five pounds of dipping chocolate allow one bar of cocoa butter. This will make the chocolate harden and will keep it from being sticky, or from discoloring. Cut the chocolate in small pieces, put it in a double boiler and let it stand over hot water until melted. Then cool it, beating frequently, until of the consistency of molasses. It is then ready for dipping. If desired, the chocolate may be tested with a thermometer. It should not be over 60 degrees, unless there is a very cool breeze to dry the candies rapidly so that the centers do not melt and get out of shape. A good rule to follow is this: The first chocolate must be entirely dry as the seventh is dipped.

Triangles of fruit cake, long, unsalted oyster crackers, dates stuffed sparingly with peanut butter, all kinds of blanched nuts, Maraschino cherries, candied cranberries, long strips of figs, marshmallows, candied cherries, bits of candied pineapple, orange peel or grape fruit peel and many other dainties may be successfully dipped in chocolate. A wire twisted into the shape of a small spoon is a convenient utensil to use for dipping, but the hand is the quicker method. As the chocolate is thick, the little mark on top, characteristic of the commercial chocolate, can be made by the dipper or finger, if it is withdrawn quickly. Bits of candied violets, rose petals, angelica, or nuts form a pretty garnish. Care should be taken not to make the centers large, as they take up a considerable amount of chocolate, and the confections will then be liable to look clumsy. All candies should be set to dry on heavy paraffine paper, the thin being liable to stick. If possible, it is a better plan still to buy the regulation paper on which to dry the dipped chocolates. This is very highly glazed, and can be wiped off with a damp cloth and used over and over again.

Chocolate Creams and Confections

Chocolate creams and confections have as a basis a fondant. If chocolate creams are being made, it is best to make the white fondant, but for bon-bons and for the stuffing of fruit, an uncooked fondant gives good results.

To make chocolate creams at home, first shape the centers, making them a little smaller than may seem necessary. The fondant may be divided into portions, flavored and colored with vegetable coloring, according to fancy. Cocoanut may be worked into a vanilla-flavored fondant; peppermint into plain, white fondant; wintergreen and pink coloring into white fondant; chopped almonds and pistachio flavoring into a portion; violet coloring and a drop or two of violet perfume into another; chopped hickory nuts or English walnuts, together with a little vanilla flavoring, into another, while equal parts of peanut butter may be used with fondant to make still further variety. These combinations may be augmented as fancy dictates. The fondant centers should stand a few hours before dipping in the chocolate.

Maple Chocolate

Combine equal parts of soft, grated maple sugar and fondant. Flavor with vanilla to taste, shape into small balls and dip in chocolate as directed.

Chocolate Marshmallows

Cut the marshmallows in halves and stuff each one with a pecan meat or a piece of preserved ginger. Press the pieces together and dip in chocolate as directed.

Fenway Cocktails

Drain Maraschino cherries thoroughly on paper toweling or cloth. Roll them in fondant. Let stiffen for several hours and then dip in melted chocolate, as directed.

Chocolate Dipped Strawberries

Select firm strawberries. Remove the stems and hulls but do not wash the fruit, brush it well instead. Cover thinly with fondant. Let stand until firm, then dip in chocolate as directed.

Chocolate Dipped Grapes

Select fine Malaga grapes and stem them. Cover thinly with fondant, let stand until firm, and then dip in chocolate as directed.

Christmas Loaf

6 cupfuls sugar
⅛ teaspoonful cream of tartar
1½ cupfuls cold water

Make a fondant of the above ingredients, divide it when done into three parts, flavoring one with almond and coloring it pale green, a second with cinnamon, leaving it white and the third with a square (ounce) of melted chocolate and a little vanilla extract. Only vegetable colorings should be used.

Rub an oblong pan (bread tin) with olive oil and make on the bottom a design of holly with leaves cut from angelica and red candies. Gently press the white layer onto this, spreading it evenly, then press on the green and then the chocolate layer. Let stand twenty-four hours to stiffen, unmould and wrap in paraffine paper. Cut from the loaf as desired.

Uncooked Fudge

- 7 ounces sweet chocolate (melted)
- 1 tablespoonful butter
- 1 cupful confectioner's sugar
- 2 eggs
- 1½ teaspoonfuls vanilla
- 1 cupful chopped walnut or pecan meats

Melt together the butter and chocolate; stir in the confectioner's sugar and the egg yolks beaten, then the egg whites whipped stiff. Add the vanilla and nut meats. Press into a well-buttered pan, let stand until almost stiff and cut in squares.

Canoe Club Almonds

- 2 tablespoonfuls melted butter
- 2 tablespoonfuls light cream
- ½ teaspoonful almond extract
- About 2 cupfuls confectioner's sugar
- ½ teaspoonful vanilla extract
- Whole almonds
- ½ cupful chopped almonds

Mix together the butter, cream and extracts, then beat in confectioner's sugar until the mixture is stiff enough to form. Shape around whole almonds and roll each candy in the chopped nuts. The latter should be blanched and lightly browned in a slow oven.

Peppermint Drops

- 2 cupfuls granulated sugar
- ½ cupful milk or water
- ⅛ teaspoonful cream of tartar
- 2 drops oil of peppermint

Boil together all the ingredients except the flavoring, without stirring, until a soft ball is formed, when a little is tried in cold water, that is 238° F. Cool until tepid, add the flavoring, beat until creamy and drop on oiled paper from a teaspoon or small pitcher.

Wintergreen Drops

Follow the preceding directions, substituting wintergreen for the peppermint and coloring the mixture pink.

Coffee Drops

Use the same proportions as for peppermint drops, substituting ½ cupful of strong coffee for the liquid and using a half teaspoonful of vanilla for flavoring.

Plain Caramels

½ cupful white corn syrup
1 cupful granulated sugar
1⅓ cupfuls brown sugar
¼ carton of honey, comb and all
⅓ cupful butter
1 cupful heavy cream
1 cupful light cream
1½ teaspoonfuls vanilla

Combine the corn syrup, sugar, honey, butter and light cream and bring to boiling point. Then stir in the heavy cream and cook to 250° F., or until a soft, chewy ball is formed when a little of the mixture is tried in cold water. Stir constantly, then add the vanilla, pour into a buttered pan, making the mixture a half-inch deep, and, when stiff enough, turn out, cut in squares and wrap in paraffine paper.

Chocolate Caramels No. 1

Make as above, substituting all white sugar for the two kinds and adding two squares (ounces) of chocolate.

Chocolate Caramels No. 2

⅓ cupful cold water
⅓ cupful milk
⅔ cupful Barbadoes molasses
3 cupfuls medium brown sugar
4 squares (ounces) chocolate
½ cupful butter
½ teaspoonful vanilla
1 cupful coarse-chopped walnut or hickory-nut meats.

Boil gently together all the ingredients except the nut meats (248° F.) until the mixture hardens to the consistency of a caramel when a little is tried in cold water. Flavor, add the nuts, then pour an inch deep into a pan lined with waxed paper and, when half cold, cut in squares. Wrap each one separately in waxed paper before packing.

Peanut Brittle

1 quart peanuts, shelled and chopped
2 cupfuls finely granulated sugar
1½ tablespoonfuls butter
Few grains soda
Few grains salt

Butter a small dripping pan, sprinkle on the peanuts chopped coarsely, caramelize the sugar, stir in the butter, salt and soda and pour over the peanuts heated.

Molasses Taffy

1 cupful Barbadoes molasses
1 cupful sugar
1 teaspoonful vinegar
2 tablespoonfuls butter
Few grains soda
Any desired flavoring
Cocoanut or peanuts

Boil the molasses, sugar and vinegar together until it "rattles against the cup" when tried in cold water (290° F.). Add the flavoring and soda and pour into buttered pans to about an eighth inch in thickness. The bottom of the pans may be covered with shelled peanuts, or shredded cocoanut, if desired. When nearly cold mark into squares.

After-Dinner Mints

2 cupfuls sugar
⅛ teaspoonful cream of tartar
5 tablespoonfuls boiling water
¼ teaspoonful vinegar
¾ teaspoonful essence of peppermint

Boil together the sugar, cream of tartar, water and vinegar until brittle when tried in cold water (290° F.). Pour onto a buttered platter and, as soon as the edges cool, fold towards the center. When it can be handled, pull like molasses candy, stretching it into strips a half-inch wide. Snip off half-inch pieces with the scissors, mixing them immediately with powdered sugar. Let stand in a closely covered jar, or box, until firm, about ten days.

Chocolate Fudge

2 cupfuls sugar
2 squares (ounces) chocolate
1 tablespoonful butter
½ cupful milk
½ teaspoonful vanilla
Few grains salt
⅛ teaspoonful cream of tartar

Put all the ingredients, except the vanilla, together in a saucepan and stir until the sugar is dissolved. Cook gently, stirring as little as possible, until the mixture forms a soft ball when a little is tried in cold water (238° F.). Then cool till it is lukewarm and beat until creamy.

Pour into a buttered pan and half cool. Cut in squares and cut as soon as firm.

Chocolate Acorns

Melt chocolate fudge over hot water and dip into it white Malaga grapes, holding them by the stems so that one-third is coated. Sift over this fudge finely-ground English walnuts and cut off most of the stems.

White Cocoanut Fudge

2 cupfuls sugar
1 tablespoonful butter
1 teaspoonful vanilla
½ cupful milk
¾ cupful shredded cocoanut
⅙ teaspoonful cream of tartar

Boil the sugar, milk, cream of tartar and butter together until it forms a ball when tried in cold water (238° F.), remove from the heat and cool slightly; add the vanilla and cocoanut and beat it till creamy. Pour into well-butttered pans, mark into squares and cool.

Fair Fudge

2 cupfuls brown sugar
2 squares (ounces) chocolate
2 cupfuls sugar
1 cupful milk
1 teaspoonful vanilla

Mix the ingredients, except the vanilla, together in a large pan and boil without stirring, until a little forms a soft ball in cold water (238° F.). Cool until it can be dented, add the vanilla and beat until creamy.

Ginger Fudge

½ tablespoonful butter
2 cupfuls sugar
⅔ cupful milk
¼ cupful preserved ginger cut in dice
1 teaspoonful ginger syrup

Combine the butter, sugar and milk and cook until a soft ball is formed when a little of the mixture is tried in cold water (238° F.). Let cool until tepid. Then stir in the ginger and syrup, beat until creamy and pour into a buttered pan. When nearly cold, cut in squares.

Marshmallow Fudge

2 cupfuls light brown sugar
½ cupful milk
1 cupful marshmallows cut in quarters
1 teaspoonful butter
½ teaspoonful vanilla
⅛ teaspoonful cream of tartar

Cook the sugar, cream of tartar and milk without stirring until a soft ball is formed when a little is tried in cold water (238° F.). Cool slightly, add the marshmallows, butter and vanilla, beat until creamy and pour into a buttered shallow pan to cool. Cut in squares.

Cocoanut Pralines

- 2 cupfuls light brown sugar
- ¾ cupful milk
- ⅛ teaspoonful cream of tartar
- ½ teaspoonful vanilla
- ¾ cupful shredded cocoanut

Mix the sugar, milk and cream of tartar together. Bring to boiling point, then cook without stirring until a little forms a soft ball in cold water (238° F.). Cool until tepid, add the vanilla and cocoanut and beat until creamy. Drop in rounds on oiled paper by means of a teaspoon.

Pulled Molasses Candy

- 1 pint Barbadoes molasses
- ½ pint water
- ⅙ of a 1-lb. carton of honey, comb and all
- 1 heaping tablespoonful white corn syrup
- ⅓ cupful sugar
- ⅔ tablespoonful butter

Combine the ingredients in the order given and stir until the butter melts and the sugar dissolves. Cook to 253° F. and simmer until the thermometer registers 254° F. Pour onto a plate or marble slab oiled with butter and, when cool enough, pull. If it sticks to the hands, use a little flour. To flavor, work in a few drops of peppermint, wintergreen, or spearmint.

To make this into bars, cook to 200° F. and work in a little peanut butter if desired and confectioner's sugar to stiffen, together with chopped peanuts.

Buttercups

Prepare pulled molasses candy, shaping to a piece a fourth inch thick and putting it into a well-oiled pan. Put on an eighth-inch layer of fondant flavored with vanilla and over this a second layer of molasses candy. Let it stand for a few minutes, then snip it into squares with the scissors.

Butterscotch

¾ pound of butter
¾ pound white corn syrup
2 pounds sugar
1 pint of water
3 teaspoonfuls vanilla

Boil all the ingredients together, except the vanilla, until the mixture snaps or "rattles" against the cup when a little is tried in cold water, or when the candy thermometer reaches 300° F. Then add the vanilla, pour into a shallow pan, and mark in squares before it is quite cold.

Pop-Corn Balls

Make molasses taffy and omit the cocoanut or peanuts. Stir this into four quarts of popped corn, then shape into balls.

Maple Pop-Corn

3 quarts popped corn
1 cupful maple syrup
½ cupful granulated sugar

Boil the syrup and sugar together until it spins a long thread (218° F.). Pour onto the corn, stir well and cool.

Candied Orange Peel

Cut the orange peel in long, fourth-inch strips, put in a saucepan, cover with cold water and bring to boiling point. Repeat this process three times, then measure the orange peel; add an equal quantity of sugar and hot water to cover, and cook until the white of the skin is translucent. Then drain from the syrup, roll in granulated sugar and put on plates to dry. Use the syrup in a gelatine or fruit cup.

Candied Grapefruit Peel

Cut the peel in long, narrow strips. Put on to cook in cold water, let boil up and drain. Repeat four times. Then add, by measure, as much water and sugar as peel, and let simmer till translucent. Then drain, roll in granulated sugar and let dry over night.

Candied Cranberries

1 pint large cranberries
1¾ cupfuls sugar
⅔ cupful water

Make a syrup by boiling the water and sugar together for five minutes, add the cranberries and let stand a few hours. Then cook them gently till clear, drain, put on a large enamel dripping pan dusted with granulated sugar, sprinkle a little more sugar over them and dry very slowly in an oven at about 120° Fahrenheit.

Candied Kumquats

Wash the kumquats thoroughly, then put them on in cold water and boil up once. Drain and repeat three times. To a pint of kumquats add a cupful of granulated sugar and a half cupful of honey, with hot water to cover. Simmer very slowly for two hours and a half, then drain from the syrup and dry for a few hours. When they are still a little sticky, roll in granulated sugar. They will keep indefinitely in a tightly covered box.

Candied Ginger

Scald and peel the ginger root and cut it in convenient pieces for eating. Boil up three times in separate waters, then measure and add an equal quantity of granulated sugar and as much warm water. Bring slowly to boiling point and simmer gently till translucent and very tender. Then drain, roll in granulated sugar and spread on cake racks or paraffine paper to dry.

Crystallized Apricots or Pineapple

Use canned fruit. Drain well, and cook for a few minutes in a heavy sugar syrup, made of 1 cupful of sugar and ⅓ cupful of water. Then roll thickly in granulated sugar. Lay on cheesecloth in a pan and dry for several hours in a very slow oven, or on the radiator. Sprinkle on more granulated sugar if it seems necessary.

Christmas Joys

1 cupful figs
1 cupful English walnut meats
1 cupful stoned dates
1 cupful candied cherries
1 tablespoonful lemon juice
½ cupful candied orange peel

Put the fruits and nuts through the food chopper, add the lemon juice and knead until thoroughly mixed. Toss on a board well-dusted with powdered sugar, roll out to ¼ inch thickness and cut into rounds with a small cutter

When they have stiffened, frost the tops with a plain orange icing, and decorate with bits of angelica and red cherries to simulate holly.

Crystallized Mint Leaves and Checkerberries

Wipe the mint leaves dry and boil for a minute in a syrup made of 1 cupful of sugar and ¼ cupful of water. Drain and dry over night. Then brush each leaf slightly with beaten egg white and dust with granulated sugar. Place on a cake rack covered with waxed paper and dry in a very slow oven, or on a radiator. Checkerberries may be prepared in the same way, if the preliminary boiling is increased to five minutes.

Glacé Nuts and Fruits

2 cupfuls sugar
1 cupful boiling water
1 teaspoonful cream of tartar
3 tablespoonfuls sugar
Blanched nuts of any kind

Caramelize the three tablespoonfuls of sugar. Add the boiling water, and, when dissolved, the sugar and cream of tartar. Boil without stirring until the syrup is absolutely brittle when a little is dropped in cold water (310° F.) Remove the saucepan from the heat and place in a vessel of cold water to stop the boiling instantly. Then place over boiling water while dipping. Halves of walnuts and pecans or whole Brazil nut meats may be used, or peanuts or filberts may be dropped by the teaspoonful on a marble slab, or paraffine paper. The best utensil to use in dipping is a long sharp hat pin.

Canned pineapple, cherries and apricots, bits of figs, dates stuffed with fondant, Malaga grapes, strawberries and sections of seedless oranges may be dipped. In case juicy fruits are used, they must not be pricked while dipping as the juice will spoil the glacé.

Old-Fashioned Jelly Wafers

1½ cupfuls cooked sifted, dried apricots, apple pulp, prunes or plums
2½ cupfuls sugar
⅔ cupful water
3 tablespoonfuls granulated gelatine soaked in 1 cupful cold water
Flavoring

Boil the sugar and water together for five minutes, then add the fruit pulp and simmer until thick like marmalade. Add the soaked gelatine a little at a time until all is in, and let it boil up thoroughly all over. It will then leave the spoon in long strings. Cool the mixture and flavor. If apple pulp is used, half may be flavored with a half-cupful of minced mint leaves, or one teaspoonful of peppermint essence and colored pale green; the second half with rose and colored pink. In case apricots are used, flavor with lemon extract, while prunes need orange. Plums may have a little orange or lemon extract added to them.

Drop the mixture from a narrow spoon onto waxed paper in small rounds and let set over night. When quite stiff, press together in pairs, spread on waxed paper and let dry in a current of air for two hours. Then roll in granulated sugar and dry again. Do not use for two days.

To Salt Peanuts and Almonds

Use only raw peanuts. To blanch either peanuts or almonds, cover with cold water, bring to boiling point, let stand for a minute or two, drain and husk at once. Not more than half a pound should be blanched at a time. Dry for several hours on paper toweling. Heat olive oil, or any of the pure vegetable cooking fats, to the point where it will brown a bit of bread in forty counts. Cover the bottom of a frying basket with nuts, immerse them in the fat and remove them before they are quite brown enough; their own heat will finish the coloring. Spread on brown paper or paper toweling and dredge lightly with very fine table salt.

Salted Pecans

Blanch the nuts as perfectly as possible with boiling water, then drain and dry. Rub, or mix lightly, with slightly beaten egg white, then toss in a small amount of salt; spread on paraffine paper and set in a very slow oven to dry out.

Roast Salted Walnuts

Rinse and dry the walnut meats, if bought loose. Thickly butter a dripping pan, put in a generous layer of the nuts and roast slowly till golden and crisp, stirring occasionally. Then dust lightly with salt.

Stuffed Figs

Select moist pulled figs, remove the stem ends, split open lengthwise and fill each with half a marshmallow, pressing in a raisin as a finish, or with a mixture of chopped nuts and raisins and prunes, with orange flavored fondant, or chopped orange peel.

Stuffed Raisin Clusters

Select fine cluster raisins, split each raisin with a sharp knife and insert a bit of candied cherry or a half blanched almond in each. In finishing a box of candy with such a cluster, leaves cut from angelica will add a lively note.

Stuffed Dates

Remove the stones from the dates and fill with orange-flavored fondant, English walnuts, almonds, or pecan nuts, the mixture for Canoe Club Almonds, or peanut butter. In case the latter is used, roll the dates in finely chopped peanuts; otherwise in granulated sugar.

Stuffed Prunes

Select large prunes, scrub well and let soak for two hours. Remove the stones, drain the prunes well and fill the centers with fondant and nuts, or fondant and preserved ginger. Roll in granulated sugar and let stand over night to ripen.

Cocoanut Kisses

½ pound shredded cocoanut
1 egg white
2 cupfuls powdered sugar

Beat the egg white stiff, and add the sugar and cocoanut gradually. Form into balls and bake on a buttered cookie sheet in a slow oven.

Mint Turkish Paste

3 tablespoonfuls granulated gelatine
⅓ cupful orange juice
½ cupful minced fresh mint
6 drops essence peppermint
2 cupfuls sugar
¾ cupful cold water
1 tablespoonful lemon juice
¾ cupful candied cherries, minced
Green coloring

Let the gelatine stand in the fruit juices until the liquid has been absorbed. Stir together the sugar, water and mint, set over a slow heat until the sugar is dissolved, then add the gelatine and boil for twenty minutes. Color, and, when almost cool, stir in the cherries and turn into an unoiled bread pan. Let stiffen over night, then sift confectioner's sugar thickly over the paste, loosen at the edges with a sharp knife, and pull onto a board dredged with confectioner's sugar. Cut in cubes and roll each in sugar.

CHAPTER XXVII

CHEESE

ALL MEASUREMENTS ARE LEVEL

As generally used, cheese is neither an inexpensive nor an especially healthful food. Tagging along as the final course at dinner, it is usually a superfluous expense and a frequent cause of indigestion.

While it does contain certain bacteria that have the power of stimulating the digestive juices, the artificial effort ceases before the cheese itself can be acted upon — the consequent digestive torpor resulting in flatulence and, often, severe pain. This is why cheese, when served with pie, frequently incites a feeling of heaviness in the stomach that is credited to some other cause.

Of all the foods grouped under the term "meats and meat substitutes," or proteins, cheese is the most compact and concentrated. It contains no cellulose, no connective tissue and no bone to separate the particles of nourishment, and unless it is combined with, or accompanied by, some coarse grain or vegetable, it is very indigestible, because the individual in the effort to obtain enough bulk to overcome hunger is liable to overeat.

This same concentration, however, makes cheese an economical food, because it contains absolutely no waste, and when it is remembered, for instance, that one pound of ordinary cheese contains approximately all the casein (protein) and fat in a gallon of milk, its nutritive value is indisputable. Authorities differ concerning the food value of cheese in comparison with that of meat, but recent reports show that two-thirds of a pound of American cheese is equivalent to a pound of beef; and as a part of the beef is waste, and as shrinkage in meat cookery must be allowed, it is easily deduced that cheese is an economical as well as a nourishing food.

This, however, does not apply to all kinds of cheeses, for their nutritive value depends partly upon the method of manufacture. A skimmed milk cheese, as Parmesan, for instance, contains only a trace of fat, and cottage cheese made from separated milk is also deficient in fat unless cream, or melted butter, is added to make the dietetic balance. Stilton cheese which, according to Hutchinson, contains about the same percentage of nutriment as the American variety, costs twice as much per pound, while Roquefort, Camembert, or Gorgonzola, are expensive and contain less nourishment than the cheaper varieties. For this reason, it is advisable to purchase cheese according to the purpose for which it is to be used, remembering that a low or moderate-priced cheese contains as much nourishment as the more costly varieties, which are valued for flavor; and that a bland cheese, with no pronounced flavor, is far more adaptable to cookery than a "sharp" cheese.

The reason that cheese is not generally used as a substantial food is undoubtedly due to lack of knowledge. A visit to any large market or up-to-date grocery store will disclose a number of varieties, and, unless the housewife is clever enough to learn their uses from her foreign neighbor, she is very liable to pass by one of the most adequate food supplies. "Full cream," "American" and "American dairy" cheese are one and the same article and may be used in all cases where general cheese cookery is to be adopted. Cheddar may be used in the same way. Sage cheese is not suited to cookery and can be served plain only, or in a rarebit; "Sap Sago," "Romano" and "Parmesan" cheese are all of Italian make and are especially desirable for use with macaroni, or soups, or whenever a hard, grated cheese is to appear. Parmesan may be obtained in bottles, grated ready for use, although it must be utilized within two or three weeks after opening or it may become mouldy. Edam and pineapple cheese should be served as salad accompaniments, cream and cottage cheese with bread and butter or crackers, Swiss cheese with brown or rye bread and butter either in sandwiches with a dash of mustard or plain, Stilton as a conventional course at dinner, Limburger with frankfurters and sauerkraut, while Gorgonzola and Camembert are suitable for the after-dinner savory.

Cooked cheese is far more wholesome than the raw, if prepared at a moderate heat, but no food can be more indigestible than cheese subjected to a high heat. Consisting mostly of casein, which, by the way, is similar to the albumin in eggs, it becomes as tough and leathery as an overcooked egg when prepared too rapidly. For this reason all vegetables or cereals should be thoroughly cooked before the cheese is added to them. If an English cheese pudding is to be baked, for example, the dish should be set in hot water and the temperature of the water should not be allowed to get above the simmering point. When a rarebit or an English Monkey is to be prepared, it should stand over hot water during the whole process; if cheese is to be added to soup, it should be after the boiling is completed.

Although it may replace the usual meat at any meal during the day, it is more satisfactory to use cheese at luncheon or supper, as the strong flavor is not well adapted to breakfast, and custom has formed the meat habit at dinner. It is at first a little difficult for the inexperienced housewife to build up her menus with cheese as the central dish, but, if she keeps constantly in mind the dietetic balance, the task is greatly simplified. As cheese is so concentrated, a certain amount of bulky food must be added to the meal to provide ballast enough to satisfy hunger and help on the intestinal action. This is usually obtained through the use of grains or cereals, or vegetables. Because cheese is heavy in texture, it often engenders a feeling of satiety before sufficient food has been eaten, unless " cut " with a contrasting acid or fresh flavor. So whenever it is introduced, a green salad or a tart fruit in some form should make up a portion of the menu. Brown, rye, or whole wheat meal bread is a perfect combination with cheese, not only in the old nursery tales, but to-day, when the whole economic world is searching for the best in foods, and it supplies not only the necessary bulk, but the correct amount of food constituents as well.

In planning meals in which cheese is the main dish, it will inevitably occur to the housewife that she is allowing too little. A fair trial, however, will convince her that a cheese meal is sufficiently substantial to satisfy men in any walk of life; this is true because it is impossible to eat of cheese as of meat, because it is so compact. The following menus which are suitable for luncheon or supper show how cheese combinations may be made:

1

English Cheese Pudding   Brown Bread and Butter
Lettuce and Tomato Salad
Fried Cornmeal Mush   Maple Syrup
Tea

2

Brown Rice Croquettes   Cheese Sauce
Bread and Butter   Buttered String Beans
Baked Apple Dumplings   Lemon Sauce
Tea

3

Potato Stew with Cheese   Buttered Toast
Egg Salad
Grape Juice Gelatine with Light Cream   Cake
Tea

4

Tomato Soup   Crisp Crackers
Brown Bread and Butter   Sliced Swiss Cheese
Celery
Apple Turnovers   Tea

All of these menus are roughly balanced and have been thoroughly tested — the only difference between that served to a man at light work and the one at hard labor being in the amount. A little study will show that these are frugal meals, inexpensive and easy of preparation. In the first menu, the salad supplies the freshening touch, the brown bread and butter the bulk and protein necessary to complete the main dish (in this case not over-rich in cheese as it is really a bread and cheese pudding), while the cornmeal provides extra starch, and the syrup the sweet. In the second menu the cheese is combined with rice croquettes as a sauce. The string beans add the bulk and the apple dumplings with lemon sauce the enlivening touch. In the third menu the cheese is used

Cheese and Nut Balls

Macaroon Bisque

in a very different way, being an adjunct to the soup, rather than the chief constituent in the dish. The stew is, therefore, valuable as a starchy food, the egg salad providing the protein, and the tart grape juice gelatine, the acid touch. In the fourth menu uncooked cheese takes its proper place and is used to supplement an otherwise deficient meal. The soup provides the mineral and liquid, brown bread and butter supplemented by thinly-sliced Swiss cheese the protein, celery the awakening touch and the apple turnovers the needed starch.

To keep cheese from the time it is received until all is used is a problem. In order to forestall mould or dryness, it should be wrapped in a slightly-damp cloth, then in paper and kept in a cool place. When convenient, waxed paper may replace the cloth. In no case should air be wholly excluded as then mould is liable to form. Scraps of cheese, like odds and ends of bread, should be kept separate from the main supply as the little pieces afford greater opportunity for the growth of bacteria.

When cheese is to be cooked, the majority of recipes give directions for grating. This, at best, is a slow process and not at all necessary unless cheese straws or cheese crackers are to be made. If it must be done, the most convenient grater for the purpose contains little slits which act like knives and, by using it, the cheese can be prepared without grating the fingers. Whenever cheese is to be put into a savory, or sauce of any kind, the simplest method is to put it through the food chopper; while, if it is to be melted before adding the other ingredients (as in some methods for making Welsh rarebit), slicing is sufficient.

Combinations of cheese and eggs are innumerable. In baking eggs in milk, bestrew with grated cheese; to make a cheese omelet, spread grated cheese thickly in the fold and serve with tomato sauce; while eggs scrambled with cheese is a delicious southern dish. Hard-cooked eggs may be sliced and heated in a cheese sauce, or the sauce may be poured over toast and sprinkled with finely-chopped egg.

The old Romans made wonderful salads of cheese, lettuce, raisins and honey, with a dash of olive oil, and while such a combination is not tempting to us, we approach it in the service of cheese with salads. Lettuce can be made into a hearty supper dish, if dressed with a French dressing and sprinkled with cottage cheese, put through a potato ricer, and accompanied with brown bread and butter and rich preserves. If cottage cheese is not at hand, any soft American cheese will answer the purpose, if grated or chopped fine.

The Service of Cheese

Cheese may appear in many ways, but should not be repeated in the same menu. For example, if cheese balls, or cheese crackers, are served with the salad, cheese should not be served again at the end of the meal. A well-planned menu never repeats flavors. Occasionally a cheese soufflé opens or closes a meal as a hot savory *hors d'œuvre*. But this should not be done unless the balance of the meal is comparatively light. Cheese is often also served as a salad accompaniment, but most often it appears at the close of the meal.

As cheeses are so different in character, care should be taken to choose a suitable type.

Plain cheese is usually cut in cubes and served on a doily-covered plate, and may be accompanied with crackers; saltines are particularly acceptable. A fork is used for the service. The tops of Edam, or pineapple, cheese are sawed or cut off to form lids, a silver knob being inserted for a handle, if convenient. To protect the fingers, the cheese should be wrapped in a folded paper napkin, and may be placed on a fancy plate, surrounded with crisp crackers and garnished with parsley. The cheese should be loosened before passing. A cheese scoop is always used to remove it. Roquefort and Camembert are usually cut in pie-shaped pieces and the whole cheese (small) may be cut to set in the standard of a cheese dish, the plate below holding the crackers. A broad cheese knife is used for the service. Sweet Swiss cheese may be sliced and served on a doily-covered plate, although it is most appropriately served on grape leaves; the accompaniment should be rye crackers.

Cream, or Neufchatel, cheese is placed either whole or sliced on a handled cheese plate with a broad cheese knife for the service. If the cheese course ends the meal, which is often concluded Continental fashion, with the salad, a jar of Bar le Duc jelly, or strawberry preserve, is often passed with it. In case a more elaborate service is desired, the high standard of the cheese dish may be filled with stuffed prunes and cheese balls covered with whipped cream may be disposed about the base; unsweetened crackers should be passed.

Prunes and Cheese Balls

Soak the prunes for two hours in tepid water. Drain well, remove the stones, replace with walnut meats and roll them in granulated sugar. To prepare the balls, mix a little salt, sweet cream and lemon juice with the cheese, chill and shape into balls the size of a walnut. Slightly sweeten heavy cream, add a little lemon juice and beat stiff. Roll the balls in this and sprinkle with chopped nuts before serving.

Pastry sticks, pulled bread, or devilled biscuits are often used with cheese instead of crackers, while, if celery or olives are not served elsewhere during the meal, they may appear with this course.

Again, cheese sticks, or crackers, spread with a little paste of cream cheese and pimentoes are sometimes passed with the coffee — while a jar of home-made club cheese set in a holder and accompanied by a spoon is often passed with whole wheat crackers.

English Cheese Pudding

2 cupfuls soft bread crumbs
1 quart milk
2 eggs
¼ teaspoonful soda
Few grains paprika
1 teaspoonful salt
¼ teaspoonful pepper
1 tablespoonful butter
2 cupfuls chopped cheese (½ pound)

Scald the crumbs with the milk, add the butter and seasonings and combine with the cheese and eggs, slightly beaten. Pour into a buttered baking dish, surround with hot water and bake slowly for an hour in a moderate oven.

Cheese Puffs

1 cupful cooked brown or uncoated rice
1 cupful chopped cheese
1½ cupfuls milk
2 tablespoonfuls butter
2 tablespoonfuls flour
¾ teaspoonful salt
Few grains paprika
3 eggs

Melt the butter, add the flour and seasonings, and, gradually, the milk. When it boils, add the cheese, let it melt, then turn in the rice. Separate the eggs, beat the yolks light, add to the mixture and fold in the whites, stiffly beaten. Pour into a buttered pudding dish or ramekins, surround with hot water and bake about twenty-five minutes in a moderate oven.

Cheese Sauce

3 tablespoonfuls butter
4 tablespoonfuls flour
½ teaspoonful salt
¼ teaspoonful paprika
1½ cupfuls milk
1 cupful chopped cheese

Melt the butter, add the flour, seasonings and milk, gradually, as in making white sauce; set over hot water, add the cheese and stir till it is melted.

Cheese Toast

Make the cheese sauce in the preceding recipe and serve on hot buttered toast.

Macaroni Cheese Custard

3 cupfuls cooked macaroni
2½ cupfuls milk
1½ teaspoonfuls salt
⅛ teaspoonful pepper
1 tablespoonful melted butter
2 eggs
1 cupful chopped cheese

Heat the milk, add the butter, cheese and seasonings and pour onto the eggs, which should be slightly beaten. Put the macaroni in a baking dish, pour over the milk mixture, stand in a pan of hot water and bake gently till set, or firm, in the middle. This will take about thirty minutes.

Baked Cheese

½ pound American cheese
Salt
Pepper
Milk
Butter
Mustard

Slice the cheese thin, place in a shallow baking dish, barely cover with milk, dust with salt, pepper and a bit of mustard, dot with butter and bake in a hot oven until the cheese is melted. Serve on toasted crackers.

English Monkey

1½ cupfuls stale bread crumbs
1½ cupfuls milk
2 tablespoonfuls butter
1⅓ cupfuls American cheese, chopped or diced
2 eggs
¾ teaspoonful salt
⅛ teaspoonful paprika
Toasted crackers

Scald the crumbs and milk together; mix the remaining ingredients, pour over the crumb mixture, and cook over hot water, stirring frequently until the cheese has melted, and the whole is well-blended. Serve on toasted crackers.

Welsh Rarebit with Milk

2 cupfuls cheese, diced or put through the food chopper
2 eggs
3 tablespoonfuls flour
1 tablespoonful butter
1 teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful mustard
Few grains paprika
2 cupfuls milk
Hot toast or heated crackers or boiled brown rice

Mix the ingredients together in the order given, and cook gently over hot water, stirring very frequently until the mixture is thick and smooth. Serve very hot on the toast or rice.

Chinese Rarebit

1½ cupfuls cheese, grated or cubed
1 egg
2 tablespoonfuls flour
½ teaspoonful salt
⅛ teaspoonful pepper
⅛ teaspoonful mustard
Few grains paprika
2 cupfuls scalded milk
½ cupful cold boiled uncoated rice
Toasted caraway bread

Mix the ingredients in the order given in a double boiler top; add the milk, stir over hot water till it thickens, turn in the rice, re-heat till very hot and serve on the toast.

Tomato Rarebit

2 cupfuls diced cheese
2 tablespoonfuls flour
1 egg
⅛ teaspoonful soda
1 teaspoonful butter
1 teaspoonful salt
⅛ teaspoonful pepper
2 cupfuls tomato juice
Toast or crackers

Mix together the cheese, flour, eggs, soda, butter, salt and pepper. Gradually add the tomato juice and cook over hot water, stirring constantly till thick; serve on the toast or crackers.

Bunny Hug

Prepare the mixture for Tomato Rarebit, season with a half-teaspoonful of Worcestershire sauce, and serve on toast spread lightly with devilled ham or chicken.

"Chilaly"

1 green pepper, minced
1 teaspoonful onion, minced
2 tablespoonfuls celery, minced
3 tablespoonfuls butter
4 tablespoonfuls flour
1 egg
½ teaspoonful soda
2 cupfuls tomato juice
2 cupfuls soft cheese, chopped
½ teaspoonful salt
Paprika to taste

Cook the onion, pepper and celery in the butter until softened. Add the flour and, gradually, the tomato with the soda. Let boil rapidly and strain. Season and turn in the cheese; let cook over hot water until melted, stirring constantly; beat the egg, combine, let stand two minutes, stirring rapidly, and serve on toast or crackers.

Cheese Moulds

1 cream cheese
8 Maraschino cherries, chopped
2 tablespoonfuls chopped walnut meats

Mix the ingredients thoroughly together, pat out to one-fourth inch thickness and chill. Stamp into rounds with a tiny biscuit cutter, garnish each with a half walnut, a little minced parsley, or half a cherry, and arrange each on a crisp cracker. Pass with either the salad or coffee.

Cheese Dreams

Cut bread one-fourth inch thick and make sandwiches with Welsh Rarebit filling. Sauté (fry) in butter on a griddle, or toast them, and serve hot.

Toasted Cheese

Slice the cheese thin. Butter entire wheat or white bread, lightly; put the cheese on the slices, dust it sparingly with mustard and a few grains of pepper, press the sandwiches together and toast slowly to melt the cheese. Serve at once.

Rich Cheese Crackers

Banquet wafers or saltines
American cheese
Butter
Paprika

Butter the crackers out to the edges; put the cheese through a food chopper; spread the crackers in a flat pan, sprinkle generously with the cheese, dust with paprika and set in a moderate oven until the cheese is melted sufficiently to adhere to the crackers.

Cheese and Lima Bean Roll

1½ cupfuls cheese put through food chopper
3 cupfuls chopped cooked diced lima beans
½ teaspoonful onion juice
Dry bread crumbs
1 teaspoonful salt
1 tablespoonful tomato catsup
¼ teaspoonful pepper
⅛ teaspoonful mustard
3 tablespoonfuls melted butter or bacon fat

Put the cheese and beans through a food chopper; season and add crumbs until thick enough to form into a roll. Place in a pan, sprinkle buttered crumbs over the top and bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce.

Celery Escalloped with Cheese

3 cupfuls celery, diced
1 pint milk
1 cupful diced cheese
1½ cupfuls soft crumbs
Salt
Paprika

Save the outer stalks of celery and cut them into dice. Cook gently in three cupfuls of water, drain and reserve the liquor and add it to the milk. Put a layer of crumbs in the bottom of a buttered baking dish. Add a layer of celery, then one of cheese, season, dot with butter and repeat till the dish is full. Bake thirty minutes in a moderate oven.

Home-Made Club Cheese

½ pound American cheese, grated
2 eggs
1 tablespoonful melted butter
½ teaspoonful salt
Cayenne to taste

Mix the dry ingredients together, then add to the beaten egg with the butter and seasonings; beat it to a cream.

Pimento Cheese

Prepare the mixture given in the preceding recipe for Home-Made Club Cheese, and add five pimentoes, finely minced, and then rub to a paste.

Dutch or Cottage Cheese

4 quarts thick sour milk
3 quarts boiling water
Butter
Sweet cream
Salt
Pepper

Pour the boiling water into the milk and let it stand three minutes. Then turn into a large bag and let it drain over night. In this way the curd will be separated from the whey. In the morning to each pint of curd add 2 tablespoonfuls melted butter, 1 teaspoonful salt, ¼ teaspoonful of pepper and a tablespoonful of cream. Work this until smooth and soft, then form into balls the size of a walnut, chill, pile up, cannon-ball fashion, and dust with paprika just before serving.

Moulded Cheese Balls

1 cupful Neufchatel, cottage, or cream cheese
2 tablespoonfuls cream
Few grains cayenne
½ cupful chopped English walnuts
½ cupful chopped, stuffed olives

Cream the cheese till smooth. Add the ingredients in the order given, chill well, and shape with butter paddles.

Roquefort Celery Sticks

Wash and clean the celery, cutting it in three-inch sticks. Dry each thoroughly, then fill with Roquefort cheese, packing it in smoothly. Sprinkle the cheese lightly with chopped olives. Serve with salad, or as an *hors d'œuvre.*

Celery and Cream Cheese Sticks

Wash clean celery hearts, and let stand in cold salted water to become crisp. Mix a Neufchatel cheese with a little sweet cream, salt and pepper till smooth. Dry the celery stalks and pack them with the cheese. Chill and serve in a celery tray, on a folded napkin.

If desired, a little minced green pepper or pimento may be added to the cheese.

Neufchatel Bon-bons

2 Neufchatel cheeses
½ teaspoonful salt
⅛ teaspoonful white pepper
Few grains paprika
2 tablespoonfuls sweet cream
¼ cupful powdered, salted, pistachio nuts
Salted pecan or walnut meats

Cream together the first five ingredients, form into flat bon-bon shapes, and press a salted nut on each side. Roll the edges in the pistachio nuts and chill.

CHAPTER XXVIII

INVALID COOKERY AND SERVICE

ALL MEASUREMENTS ARE LEVEL

Few housewives understand the preparation of the simplest dishes in the invalid's dietary although in the majority of cases of illness the nursing is done by members of the household. And diet plays a most important part in restoring just as it does in maintaining health. Many a patient drifts into a critical stage because he is not supplied with the proper foods. Even when only suffering with a severe cold the diet should be lightened, as a hearty meal is liable to overtax the digestive organs to the point where they fail to do their work. The undigested food remains in the digestive canal and ferments, the poisons which are generated lower the vitality, and the patient's condition becomes worse. Much trouble arises because the home nurse does not know what to feed and how to prepare it, while other patients are almost starved to death because of the ridiculous notion that food must be almost always withheld during illness. It is just as radical a mistake to starve a sick person as to overfeed him, for, even while confined to bed, he still requires a certain amount of food to carry on the business of living. There are, to be sure, certain illnesses in which food should be withheld, but in that case the patient is extremely sick, and requires the constant service of a physician, who will prescribe the diet.

In hospitals ordinary diets are grouped under the following heads:

1. Liquid Diet.
2. Light Diet.
3. Convalescent Diet.

All the special diets, as diabetic and diet in pneumonia, are dictated by the physician for each individual case.

Under liquid diet are included broths, clear soups, albumin water, milk, Koumiss, cocoa, egg-nogs and gruels of all kinds. Grape juice, orange juice and lemonade may be added.

Light diet includes poached, boiled or coddled eggs, toast, toasted crackers, milk soups, well-cooked cereals, rice, milk toast, cocoa with egg, junket, custards, fruit and wine jellies, sifted apple sauce and all the foods enumerated under liquid diet.

In convalescent diet the invalid begins to approach his normal food. Broiled chicken, squab, chops or steak, scraped-beef balls (it will be noted that the meats are broiled, not fried), well-baked potatoes, scrambled eggs or omelet, well-cooked spinach, peas or stewed celery, sponge cake a day old, baked apples, stewed figs or prunes, oranges, Malaga grapes, rice or tapioca pudding, and bread a day old may be added to the list for light diet.

As a general rule it may be stated that liquid diet is used in fever cases, in severe gastric disorders (stomach diseases); for two days after delivery in maternity cases, in pneumonia, mumps and cases of severe intestinal indigestion. In fever, liver and pneumonia cases the acid drinks mentioned in the list are often added.

Light diet is the first step up from the liquid diet to solid food and may also be used for a day or so when the stomach is upset, in cases of rheumatism, grippe, for a few days in maternity cases, and in the diseases of children, like the second stage of measles, chicken pox or scarlet fever. It is also used in fever cases for three or four days after the temperature has dropped to a normal state.

Convalescent diet is usually resumed when the patient begins to be dressed, or, at least, is sitting up for a few hours each day; it is generally commenced by the addition of one extra dish to light diet, the variety and quantity being gradually increased until the patient is eating the usual family food. When this occurs, he will be well.

Any invalid should be fed frequently and in small quantities, in order to avoid overtaxing the digestive organs, and yet furnish the necessary nourishment. In acute diseases, for instance, the patient is often fed every two hours in very small quantities. In such cases the amount of liquid is generally prescribed in ounces. In measuring such amounts a graduated glass, with the ounces and drachms clearly marked upon it, will be of incalculable assistance. In case such a glass is not at hand, the number of ounces may be measured by a standard teaspoon; two tablespoons, or six teaspoons, constituting the ounce. If a silver knife or teaspoon is put into the glass, hot liquids may be poured into it without fear of breakage. The administering of liquid diet to a very sick patient from a teaspoon is usually a disagreeable task — taxing the patience of the home nurse to the utmost, and wetting the face and neck of the patient. A glass feeding tube may be purchased at any druggist's, and, as it is made with a bend, this may be placed between the patient's lips, the nurse may hold the cup of liquid, and the patient drink without being raised from the bed, or feeling the liquid trickle down his neck! In cases where the patient is too exhaused to even draw the liquid through the tube, a feeding cup may be used. In using this, slip the mouth of the cup between the patient's lips, and pour in the liquid so gradually that there may be no possibility of choking.

At no time is a person so sensitive to imperfection as during sickness. This is because his world is bounded by the four walls of the room, interest is self-centered, and, unless all foods approach perfection, the patient assumes the lack to be a personal affront. In serving hot milk or cocoa, be sure that the scum is removed, or it may "turn the stomach" and produce nausea. Lemonade, orangeade and egg-nogs should be strained, and all lumps carefully removed from gruels. For this purpose a china strainer will be invaluable. It should be large enough to fit over either a glass or cup; as it is of china rather than wire like the ordinary strainer, and is used only for the invalid, it may be kept surgically clean.

The nurse frequently reports to the physicians that the patient has no appetite. In many cases this may be due to the depressing effect of an ill-kept room, or to "a bad taste in the mouth," which may be removed by a mouth wash of water containing boracic acid (a fourth of a teaspoonful to a cupful of lukewarm water) or to the general condition of the patient. Whatever the cause it must be ascertained and removed. Frequently more time and thought expended upon the invalid's meals will remedy this condition. Punctuality in serving the meals must be strictly observed, for appetite is largely a result of habit; a meal delayed often appears after all desire for food has gone.

The principal meal of the day should be given when the patient is sitting up. In case the meal is served in bed the pillows must be carefully arranged as a support, and if a bed tray with little standard legs is not in the household, a pillow, smoothed flat, and placed upon the patient's lap, will act as a resting place for the tray.

When a patient is very ill, the nurse is liable to become careless, and instead of choosing the prettiest cup in the house for broth, and setting it in its saucer on a doily-covered tray, she will bring it in a cracked kitchen cup, walking very slowly in order not to spill the contents! Either the cup or the way it is presented may be sufficient to upset a nervous patient, and while it sometimes seems as though the invalid does not notice any little defects, it is often only too true that he is too ill to speak of them and that they jar horribly upon his taut nerves.

The tray should be covered with a clean tray-cloth or napkin, the silver placed upon it in the most convenient position for use, and all hot dishes should be covered. It is always a great pleasure to an invalid to begin to do things for himself, and an individual pot for hot milk or cocoa, necessitating a little effort in pouring it out, will often be the first step toward reasserting the self-respect that is so much a part of health. In so far as possible individual dishes should be used in preparing the invalid's food, as it conveys the idea that he is the subject of special thought. In any home of moderate means there is no necessity for serving mismatched and cracked dishes to the invalid. There is an old French proverb which says that " The eye does half the eating," and it is more true in sickness than under any other circumstances.

When the diet becomes convalescent, the patient can usually eat one or two meals of the day at a serving table. By this time the tray is liable to become overcrowded if all the food is brought in at once, so it is a good plan to reserve the sweet until the main portion of the meal has been eaten. It then acts as a surprise.

Generally a patient should not be consulted as to what he "wants to eat." If he expresses a desire, gratify it, if it is not unreasonable, and in some cases even then. Never serve a food that is difficult to eat (unless during convalescence), like broiled chicken, without either breaking it up before bringing it to the patient, or else preparing it for him after bringing in the tray, otherwise he will become discouraged and refuse to eat it. Stay with him while eating, or else delegate some other member of the family to do so, as otherwise he will eat too fast, and indigestion will result.

Probably the most neglected country diet is that served in maternity cases. The energy of the new mother is at a low ebb, for months her strength has been given to the new life, and after birth, in normal cases, the drain is continued through the production of milk. For the first six hours after labor a milk diet should be given, light diet should be served for the next three days, five meals a day being needed to keep up strength. Convalescent diet may be used for a few succeeding days, when the usual daily fare may be resumed, with the exception of strongly-flavored vegetables, like onions, or cabbage, or fruits which are acid, like strawberries. Beer should never be taken, as it has no action upon the flow of milk, as is popularly believed.

The following recipes will prove of assistance in preparing sick diets.

GENERAL RULE FOR GRUELS

The cereal, when possible, should be cooked in a double boiler for four hours until it becomes a jelly. In using, thin a little of the jellied cereal, with milk or cream, reheat, season and strain.

Barley Gruel

2 tablespoonfuls pearl barley	½ teaspoonful salt
1 quart boiling water	

Add the barley to the water, and boil for two hours, or until it is reduced one-half. Strain, rubbing through a fine sieve, sweeten, if desired, and serve hot. A little warm milk or cream may be added, if permissible.

Oatmeal Gruel

½ cupful coarse oatmeal or rolled oats
1 pint boiling water
½ teaspoonful salt

Add the oatmeal to the boiling water, stirring constantly. Cook over the heat for ten minutes, and then for three hours in a double boiler. Rub through a sieve, and thin with milk, cream or water as desired. Re-heat and serve. If allowed, ¼ cupful raisins, or ½ cupful of cut-up apple, may be cooked in this gruel, adding flavor.

Flour Gruel or Thickened Milk

2 tablespoonfuls flour
½ teaspoonful salt
4 tablespoonfuls cold milk
3 cupfuls milk, scalded

Scald the milk. Mix the flour thoroughly with the cold milk and add it to the hot milk. Cook half an hour in a double boiler, stirring occasionally. Strain and serve hot. This is often used for diarrhea, though it is not so good as a water gruel for extreme cases.

Cornmeal Gruel

1 tablespoonful home-ground cornmeal
1 pint boiling water
¼ cupful cold water
½ teaspoonful salt

Stir the cornmeal mixed in the cold water into the boiling water. Simmer or cook in a double boiler for an hour or longer. Strain and serve. Sugar and milk may be added, if desired, or it may be made wholly of milk, cooking entirely in a double boiler.

Beef Broth

2 pounds round of beef
½ teaspoonful salt
1 cupful cold water

Wipe the meat, remove the skin and fat and cut the meat into small pieces. Put in a kettle with the bones, if there are any, add the cold water, and let it stand for half an hour to extract the juices. Heat gradually to boiling point, season with salt and pepper, and simmer two hours, or until the meat is tender. Do not allow it to boil. Remove the fat and strain the broth. Re-heat in a double boiler and serve hot.

Beef Tea

1 pound fresh beef from neck
1 cupful cold water
Salt

Wipe the meat, remove all fat and cut the meat in small pieces. Add the cold water and let stand fifteen minutes. Put in a canning jar, cover it loosely, place it on a trivet in a kettle and surround with cold water. Allow the water to heat slowly. Do not let it get above simmering point. Cook two hours. Strain and serve.

Beef tea may be frozen to the consistency of a water ice and is excellent in fever cases.

Egg Broth

3 cupfuls hot beef broth
1 egg
⅓ teaspoonful salt

Beat the white and yolk of the egg separately. Add the hot broth, gradually, to the yolk, stirring continually. Add the salt and fold into the white. Re-heat over hot water and serve very hot.

Clam Bouillon

Wash and scrub with a brush one quart of clams, changing the water several times. Put in a kettle with 1 cupful cold water, cover tightly and steam until the shells are well-opened. Strain the liquor before serving.

Oyster Stew

¾ cupful milk
6 oysters
1 teaspoonful butter
Salt and pepper
¼ cupful hot water

Wash the oysters, discard the liquor and steam over hot water until the edges are curled. Scald the milk, add it to the butter, pour in the steamed oysters and liquor, season, and serve with hot toasted crackers.

Rice Milk Soup

1¼ tablespoonfuls brown rice
1 cupful milk
¾ tablespoonful butter
¼ teaspoonful onion juice
1 stalk celery or
¼ teaspoonful celery seed
¼ bay leaf
Salt and pepper to taste

Scald the milk. Add the rice and cook in a double boiler thirty minutes. Melt the butter, add the onion juice, bay leaf and celery stalk cut in bits, and sauté slightly. Add to the soup, season and strain through a sieve. If too thick, thin with more milk. Chicken broth may be used in place of the milk. In this case add one tablespoonful of cream before serving.

Chicken Broth

Clean a two- or three-pound chicken and wash thoroughly. Separate at the joints, cover with two and a half quarts of cold water, bring slowly to boiling point, and simmer until the meat is very tender. At the end of three hours strain, season the broth, and let stand over night in a cold place to let the fat come to the top. Remove the fat and re-heat the broth; well-boiled brown or uncoated rice may be added, if desired.

Whey

1 cupful milk
⅛ junket tablet
1 teaspoonful cold water

Heat the milk until tepid and add the tablet dissolved in the cold water. Let it set, then break up the curd and strain through two thicknesses of cheesecloth, being careful to remove all the solid portion. Serve cold with or without sweetening, and flavor as desired.

Peptonized or Partially Digested Milk

Into a clean quart jar put the contents of one peptonizing tube and 1 cupful of cold water. Shake well, add a pint of fresh cold milk and shake again. Place the bottle in water at about 115 degrees F., and keep there five to ten minutes, then place bottle on ice *at once* to check further digestion.

Barley Water

⅜ cupful pearl barley
1 pint boiling water
3 pints boiling water
⅓ teaspoonful salt
Sugar to taste

Wash the barley thoroughly, add the pint of boiling water and simmer five minutes. Pour off this liquid and add the salt and the three pints of freshly boiling water.

Simmer for two hours. Strain, and add sugar, if desired. Cool and serve. In cases of constipation add ¼ pound figs, cut fine, with the second water. Prunes or raisins can also be used. The juice of half a lemon is also a good addition after the drink has cooled.

Lemonade

1 lemon
1 cupful boiling water
1 tablespoonful sugar (approximate)
½ thin slice lemon

Cut a thin slice from the center of the lemon. Squeeze the lemon juice into a glass (keeping back seeds). Combine the sugar and boiling water and place on ice to chill. Add the lemon juice, and use the lemon slice as a garnish. More sugar will be needed if the fruit is very acid.

Orangeade

1 sour orange
1 cupful boiling water
1 tablespoonful sugar (approximate)
½ slice orange

Prepare as for lemonade. If the orange is not sufficiently sour, add lemon juice. Either orangeade or lemonade may be acceptably frozen to an ice, if additional sugar is added.

Oatmeal Lemonade

1⅓ tablespoonfuls fine oatmeal
Few grains salt
Juice 1½ lemons
Sugar to taste
3 pints boiling water

Mix the oatmeal and salt with the cold water. Add to the boiling water and cook until reduced to a quart. Strain, add sugar to taste while hot, and the lemon juice when cold.

Malted Milk and Egg

1 tablespoonful malted milk
1 tablespoonful crushed fresh or canned fruit
1 egg
15 drops acid phosphate
1 tablespoonful crushed ice
⅔ cupful ice water

Mix the malted milk, egg and fruit and beat well. Add the phosphate and crushed ice, blending thoroughly. Strain and add the ice water, or substitute carbonated water, and flavor with a grating of nutmeg.

Malted Milk Egg-Nog

1 tablespoonful malted milk
¼ teaspoonful salt
2 tablespoonfuls cream
1 egg, beaten separately
Sugar to taste
Few grains nutmeg
¾ cupful boiling water

Mix in the order given. Allow the mixture to cool, and sweeten to taste. Then add the well-beaten egg yolk and lastly the stiffly-beaten white. Serve in a tall glass. This may also be served hot. In this case use hot water.

Jelly and Ice

Chip ½ cupful of pure ice, fine. Mix about the same quantity of currant, blackberry or raspberry jelly with it.

Milk Albumin

1 egg white
½ cupful milk

Put into clean glass jar, cover and shake until well-mixed, about three minutes. A few grains of salt may be added if desired.

Albumin Water

1 egg white
½ cupful cold water

Proceed as in above recipe. Sometimes a few drops of lemon juice are added for fever patients.

Bread and Chicken Custard

2 tablespoonfuls minced cooked chicken
2 tablespoonfuls crumbled bread
1 egg
1 cupful milk
⅓ teaspoonful salt

Butter two ramekins and divide in them the chicken and bread mixed. Beat the egg, add the milk and salt, pour over the chicken mixture and bake like custard.

Egg Nest

1 egg
⅓ teaspoonful butter
Salt to taste
1 good-sized round of toast

Toast the bread, separate the egg, beat the white stiff and add salt to taste. Butter the toast and pile on the white in the shape of a nest. Make a depression in the center, put in the butter and drop in the egg yolk. Cook in a moderate oven from six to eight minutes.

Scraped-Beef-Balls

½ pound round steak
1 toast round

Wipe the steak with a damp cloth. Scrape up the meat fiber by means of a broad-bladed case knife. Form this pulp into little balls and lightly broil in a heated frying pan, rolling them about until slightly browned. Salt, and serve on the toast, buttered.

Chops or Birds Broiled in Paper

Wipe chops or birds, and dust them with salt and pepper. Spread a piece of thick letter paper, evenly and thickly, with butter. Lay on it the meat and fold the paper so that no juices can escape. Broil carefully, taking care that the paper does not ignite.

A chop broiled in this way will cook in five minutes when three-quarters of an inch thick and in eight minutes when one inch thick. Squab or chicken must cook thirty minutes.

Potatoes on the Half Shell

Cut off the tops of baked potatoes and scoop out the inside. Mash and season well and add a well-beaten egg white. Fill the skins with this mixture, heaping it lightly on top. Place in the oven and brown slightly.

Junket

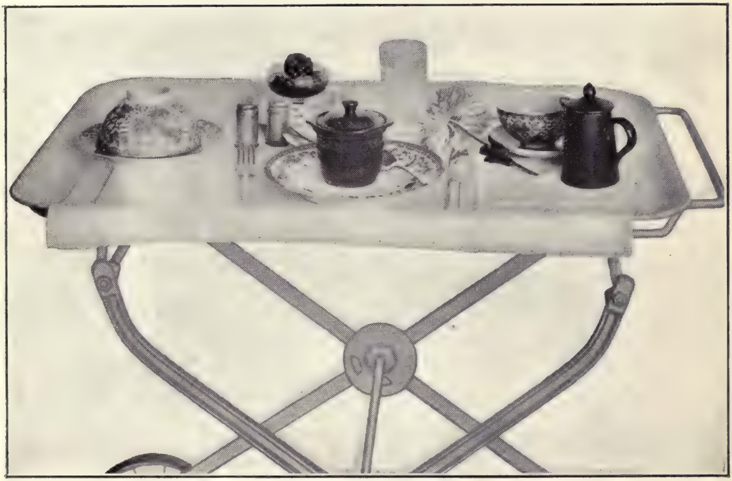
1 cupful fresh milk
1 tablespoonful sugar
¼ junket tablet
1 teaspoonful cold water
Few grains salt
¼ teaspoonful flavoring
Sugar

Heat the milk until lukewarm, add the flavoring and the tablet dissolved in the cold water. Allow it to solidify in a warm place without stirring. Chill in a cool place.

Cocoa Junket

½ tablespoonful cocoa
2 teaspoonfuls sugar
2 tablespoonfuls boiling water
1 cupful milk
¼ junket tablet
1 teaspoonful cold water
Few drops vanilla

Mix together the cocoa, sugar and boiling water. Cook over the heat and rub to a smooth paste. Then add the milk and re-heat until lukewarm; add the vanilla and the



WHEEL-TRAY SET FOR INVALID LUNCHEON

tablet dissolved in cold water. Finish as plain junket and serve with light cream, if permissible.

Caramel Junket

2 tablespoonfuls sugar (caramelized)
4 tablespoonfuls hot water
3 tablespoonfuls granulated sugar
Few grains salt
¼ teaspoonful vanilla
1 pint milk
½ junket tablet

Add the water to the caramelized sugar and cook to a thick syrup. Add the syrup, sugar, salt, and vanilla to the milk and cool to blood heat. Dissolve the junket tablet in cold water, add to the tepid mixture, and pour at once into serving dishes. Serve with whipped cream.

Baked Custard (Two Small Custards)

1 cupful scalded milk
1 egg
2 tablespoonfuls sugar
Few grains salt
⅛ teaspoonful flavoring

Scald the milk. Mix together the other ingredients. Pour into these the scalded milk. Transfer to custard cups, set in a pan of hot water and bake until set in a moderate oven. Test with a knife. If, after inserting, the knife is perfectly clean, the custard is done. Remove at once from the hot water and chill; serve in the cups, or turned out and accompanied with caramel sauce.

Junket Ice Cream

⅜ cupful light cream
½ cupful milk
3 tablespoonfuls sugar
¼ junket tablet
2 teaspoonfuls cold water
½ teaspoonful vanilla

Heat the milk until tepid. Add the sugar and vanilla, and then the junket tablet dissolved in the cold water. Add the cream and, when cold, beat thoroughly, turn into a freezer and freeze in three parts of ice to one part of salt. Or, use a baking powder can instead, by turning the can, and occasionally scraping down the ice, as it stiffens and adheres to the can.

Spanish Cream

1 teaspoonful granulated gelatine
1 tablespoonful cold water
1 cupful milk
1 egg yolk
2½ tablespoonfuls sugar
Few grains salt
1 egg white
¼ teaspoonful flavoring

Soften the gelatine in the cold water, then scald with the milk in a double boiler. Beat the egg yolk, add the sugar and salt, and, gradually, the hot milk. Return to the double boiler and cook until it coats the spoon, stirring constantly. Add the flavoring and fold in the egg white, beaten stiff. Pour into moulds rubbed lightly with olive oil to harden. Serve with light cream if convenient.

Fig Tapioca

1½ tablespoonfuls pearl or ¾ tablespoonful quick cooking tapioca
3 tablespoonfuls sugar
⅛ teaspoonful salt
1 cupful scalded milk
1 egg
¼ cupful chopped figs

Soak the tapioca an hour, add the sugar and salt, then the hot milk and cook in a double boiler for fifteen minutes. Add the beaten egg yolk and cook three minutes longer. Stir in the figs. Make a meringue of the egg white, heap it on top and brown delicately in the oven.

Cream of Rice Pudding

¼ cupful brown or uncoated rice
2 tablespoonfuls sugar
⅛ teaspoonful salt
1 pint milk

Mix all the ingredients in a baking dish. Bake two hours in a very slow oven, stirring frequently with a fork.

CHAPTER XXIX

CANNING, PRESERVING AND PICKLING

ALL MEASUREMENTS ARE LEVEL

The extent to which it pays to can fruits and vegetables depends entirely upon whether or not they are home grown, or whether they must be purchased. As a general rule it costs almost, or quite as much, for the materials used in preparing home-canned fruits and vegetables as it does to buy commercial canned goods of high quality, and when the time and energy involved are considered, it would seem to be a mistake to spend the entire summer working in a hot kitchen when no economy is effected.

But if one lives on a farm, or has a large garden, canning becomes an economic necessity. However, the old days of the open-kettle method with its doubtful results are gone, and the intermittent, or three-days'-canning method has also become a part of culinary history, the wise woman, choosing, rather, the new cold-pack method which insures fine, firm, colorful results, and products that will keep, all with a minimum expenditure of time and energy.

The outfit needed in carrying on the new method of canning is as follows: A good wash boiler fitted with a wire rack made to contain from six to ten jars, according to the size of the boiler, and equipped with handles so that the jar-filled rack may be removed without burning the hands. This device is a real time-saver, as it obviates all necessity of handling each jar separately. The jars should be of glass, of any good make, preferably of the type with a cover that clamps on, although screw-top jars may be used. The rubbers *must* be new and of the very best quality; there should be a steamer, or an improvised one, consisting of a wide-topped kettle over which a steamer top may be fitted to use in steaming greens and other bulky vegetables before putting them into the canning jars.

Commercial canning outfits may be purchased if desired. The hot-water-bath outfit is especially made for out-door work and is equipped with a fire-box with smoke pipe, sterilizing bath, lifting trays, etc., is quickly set up and light enough so that it may be easily transported from place to place. If a very large amount of canning is to be done, this outfit will more than pay for itself in the long run, but the results are no better than those obtained by means of the wash-boiler equipment already described. A second type of commercial canner is used, as a water-seal outfit in which a higher temperature may be obtained than in the hot-water-bath outfit described, and is particularly good in the canning of meats or certain vegetables which are difficult to keep. Then there are the steam-pressure outfits which are very practical and may be used in the household as general utensils. The first cost is a little high, but, again, if one lives on a farm, or has a productive garden, the cooker will pay for itself in short order if the vegetables or fruits are faithfully canned.

Several new terms have come into being along with the new cold-pack method. The following list with its definitions is self-explanatory:

1. *Cold-pack.* This means the packing of uncooked or blanched foods together with some liquid, as syrup, water, soup stock, or vegetable juice into clean jars, covering and then sterilizing (cooking) them with their contents by means of boiling water or steam.

2. *Scalding.* The dipping of a vegetable or fruit into boiling water to loosen the skin, so that it can be removed with the least possible loss of pulp. To remove undesirable acids. To start the flow of the coloring matter, which must be arrested immediately by the cold dip.

3. *Cold Dip.* This means the dipping of the scalded fruits or vegetables immediately into cold water for two or three minutes to arrest further cooking and therefore to harden the heated pulp. This coagulates the coloring matter so that there will be less loss of color during the sterilization period and at the same time the products may be handled to better advantage during the packing.

4. *Blanching.* This means to boil, or steam, the prod-

uct to be canned for a brief time before packing into the cans. Unless it is necessary to remove a strong flavor, as that of cabbage or dandelions, it is far better to blanch the products by means of steam as there is then no loss of food value. This process is necessary to remove objectionable acids and bitter flavors, and to reduce the bulk of vegetables, like spinach, and to obviate all necessity for the use of the old-time intermittent process by which it was necessary to boil the fruit or vegetables in the jars for three days in succession to insure the destruction of all germ life.

5. *Sterilizing, or Processing.* These terms are used interchangeably and refer to the steaming, or boiling, of the filled jars for the purpose of destroying all spores, germs and bacteria. Needless to say, this is the most important part of the whole process, for if sterilization is incomplete the canned goods will not keep.

To achieve good results in the home process of canning it is absolutely necessary to follow the directions carefully and to make sure that the products actually sterilize the right length of time. It is a very easy matter, for instance, to prepare half a dozen jars of corn and to leave them sterilizing in the kitchen while work is being done in another part of the house. However, the fire may get low, and the jars actually sterilize by means of the boiling water only two hours instead of the necessary three. The corn would spoil; the method would be blamed, while the real trouble would center around carelessness. When vegetables or fruits demanding a long period of sterilization are to be canned, they should be put on the first thing in the morning, before the breakfast dishes are washed, so that the housewife may be " on the job " all the time while doing up her kitchen work and preparing dinner. If a short-time-vegetable or fruit, as asparagus, or tomatoes, or soft berries, is to be canned, the work may be accomplished in odd periods, whenever other short-time work is in progress in the kitchen. Unless it is necessary to can in large quantities, to save foods that would otherwise spoil, or in order to save money by purchasing in large quantities, canning may be done a few jars at a time in a kettle of moderate size, equipped with a round wire rack to hold the jars. If two or three jars of each fruit and an equal number of suitable vegetables are canned as they come in season, the housewife with a small family will find that during the period from May through October she will have accumulated a wide range of foods at comparatively little cost and labor. The collection should begin with rhubarb, going through the whole gamut of fruits and berries and continuing through quinces and citrons. The vegetables may begin with asparagus and continue through sweet potatoes and pumpkin.

Whatever the vegetable or fruit the general processes of preparation and sterilization are the same.

1. Scald or blanch the food according to the length of time noted in the table.
2. Dip in cold water.
3. Remove the skins, if necessary, any cores, blossom ends, stems or stones, according to the nature of the food to be canned.
4. Pack into wide-mouth jars as closely as possible.
5. Fill the jars almost full with the desired liquid and add salt according to directions, if needed.
6. Adjust the rubber and top and partially clamp it on, or if a mason jar is being used, screw the top down until it touches the rubber, but do not close the jar, as otherwise the expanded air cannot escape.
7. Cover with water, two inches over the tops, bring to boiling point and boil, or sterilize, the required length of time.
8. Remove the jars, tighten the covers and turn them upside down on a cloth away from a draft, covering them with a cloth so that a sudden breeze will not cause the jars to crack.
9. After a few days, loosen the clamps and pick up the jars by the covers. If sterilization has been complete, the covers will not come off. Clamp again and put the jars away, after wrapping them in paper to assist in preserving the color.

SPECIAL DIRECTIONS FOR CANNING VEGETABLES

Allow a level teaspoonful each of salt and sugar to each quart of boiling water used in canning the vegetables. Substitute the juice obtained by boiling tomatoes for water in canning tomatoes. Use absolutely fresh vegetables. This is especially true for corn and peas. Scrub all root and tuber vegetables as carrots, sweet potatoes and the like, thoroughly with a vegetable brush, then scald in boiling water to remove the skins. In canning corn on the cob remove the husks and silk and blanch the corn on the cob eight minutes for medium-sized ears, five for smaller ears and longer for the larger ears. Re-steam it when taken from the can for serving, rather than boiling it a second time. In preparing corn, (cut from the cob) blanch it on, then remove the kernels with a sharp knife. String beans before blanching. Clean greens thoroughly; then steam. In canning pumpkin and squash for pie fillings, steam until tender, then mash, add a cupful of sugar and a teaspoonful of salt to each quart of pulp, then sterilize as directed. All vegetables and fruits should be graded according to size so that the various pieces will cook through in the same time. This adds greatly to the appearance of the finished jar as well.

Canning powders should never be used. They contain boric, or salicylic, acid, which are drugs and have no place in foods. At the same time their use is absolutely unnecessary if care is used in canning and they are an additional expense. Finally, most of them contain ingredients which are prohibited, or forbidden in many States and by the National Government.

If desired, special seasonings may be added to the jars of vegetables, along with the salted water; for instance, pickled young carrots are delicious. In this case a half cupful of vinegar, a tablespoonful of sugar and a tablespoonful of whole pickle spice could be added to each pint jar of carrots. Pickled beets may be made in the same way. All kinds of greens may be canned, according to the time table given below; these include the edible wild greens as well, such as milkweed, sour dock, purslane, etc. In canning greens, cabbage or Brussels sprouts, it is a good plan to season them by putting into the center of each jar a thin slice of fat bacon, salt pork, a little minced raw ham, dried beef, or olive oil.

TIME TABLE FOR BLANCHING AND STERILIZING VEGETABLES

VEGETABLES	Blanching Minutes	Hot Water Bath Outfit Minutes	Water Seal Outfit Minutes	Pressure Cooker (5 lbs. steam) Minutes
Asparagus	5 to 10	60	60	40
Peas	8	120	90	60
String beans	8	120	90	60
Young limas	8	120	90	60
Corn	15	180	90	60
All greens, as spinach, chard, dandelions, etc.	10 to 15	90	60	40
Green peppers	5	180	90	60
Okra	5	120	90	60
Squash and pumpkin	5	60	50	40
Cabbage	20	90	60	50
Beets	7	90	75	60
Carrots	7	90	75	60
Tomatoes	2	22	20	10
Sweet potatoes, parsnips, turnips	5	90	70	60
Egg plant	5	60	50	45
Brussels sprouts and cauliflower	15	90	60	50
Succotash	15	180	90	60
Mushrooms	5	90	60	50
Rhubarb	2	20	20	15

SPECIAL DIRECTIONS FOR CANNING FRUITS

Fruits may be canned with, or without sugar, but it is a saving of both time and fuel if a syrup composed of the proper proportions of sugar is used to fill up the can, rather than plain water. However, if sugar is prohibitive in price and fruit must be canned, it may be done by the plain water process. In this case the unsweetened fruit should be drained from the juice before serving, the right quantity of sugar added to the juice and the whole boiled together for a few minutes, the fruit being added in time so that it may be thoroughly sweetened. By this method, however, the fruit is always over-cooked by the second heating and the fruit loses brilliancy both of flavor and color.

Syrups of different densities are used in the canning of fruits, the choice depending on the tartness of the fruit and the richness of the result desired. The following table gives the amounts of sugar and water needed in preparing syrups of different percentages; the syrups will hereafter be designated in this chapter by the density, or percentage.

Sugar	Water	Percent.
1 pound	3 quarts	16
1 pound, four ounces	3 quarts	20
1 pound, nine ounces	3 quarts	25
2 pounds, eight ounces	4 quarts	30
1 pound	1½ quarts	32
2 pounds, eight ounces	3 quarts	40

GENERAL DIRECTIONS FOR CANNING FRUITS

The general directions for canning fruits have already been given. The steps in the process are the same as in the canning of vegetables except that it is not always necessary to blanch the fruit. The same principles are applied; however, there are a few additional points that should be especially noted. The fruit should be fresh, firm, but ripe, entirely free from all leaves and stems, and from rot, blemish or mould. If gritty, as with strawberries, it should be thoroughly cleaned.

The skins should be removed from peaches, apricots, pears, oranges, apples and quinces by blanching. Soft fruits which are of a sweet nature, like strawberries, raspberries, loganberries, huckleberries, or blueberries, figs and wild and Damson plums, as well as grapes, need no blanching; but sour berry fruits, as currants, gooseberries, cranberries and sour cherries are better if quickly blanched. Pineapple and citron need longer blanching because they are harder. It is not necessary to fill the can to overflowing with boiling water or syrup, whichever is to be used; it is enough to fill it within a fourth of an inch of the top.

In every case where the skin, cores, or seeds are to be removed the blanching and cold-dip should take place before it is done, as otherwise there is liable to be considerable loss of flavor. The stones should be removed from peaches and apricots and the fruit canned in halves. If desired, one peach stone may be allowed to a jar to enhance the flavor. Pineapple should be pared, the eyes removed and the pineapple cut in convenient pieces before blanching. Citron, cantaloupe and oranges should also be pared before blanching.

TIME TABLE FOR BLANCHING AND STERILIZING FRUITS

NO BLANCHING FRUITS	Blanching Minutes	Density of Syrup Needed %	Hot Water Bath Outfit Minutes	Water Seal Outfit Minutes	Pressure Outfit (5 lbs. steam) Minutes
Strawberries		35	16	10	8
Raspberries		35	16	10	8
Blackberries		35	16	10	8
Loganberries		35	16	10	8
Sweet cherries		35	16	10	8
Blueberries and huckleberries		30	20	15	10
Grapes		25	20	15	15
Wild grapes		35	20	15	12
Wild and Damson Plums		30	16	12	12
Oranges (sliced)		18	10	6	5
Oranges (blanched)	1½m	20	12	8	6
Currants	1	30	16	12	12
Gooseberries	1	30	16	12	10
Sour cherries	1	35	16	12	10
Cranberries	1	35	16	12	10
Peaches	2	30	16	10	8
Apricots	2	30	16	10	8
Pineapple	5	30	35	25	25
Figs	6	25	40	30	25
Pears	1½	25	20	12	8
Apples	1½	25	20	12	8
Quinces	1½	25	20	12	8
Citron	10	25	35	25	25
Cantaloupe	10	25	35	25	25

The syrups indicated in the table are of the sweetness used by the best commercial canners. If desired, richer syrups may be used, but if this is done there is danger of introducing too much sugar into the dietary.

In so far as possible it is better to prepare, blanch and pack one or two jars of a product at a time. This is especially true of corn, peas, beans and asparagus. Care should be taken that unbroken vegetables and fruit be packed into jars, if appearances are to be considered.

Mold may develop if the seal is defective or if the jar tops are removed to slip the rubbers back into position. If this is done, the jars must be re-sterilized for five minutes. Mold may also appear if jars are kept in a damp place where the rubbers may decompose. The best water for canning purposes is pure, soft and free from excessive quantities of mineral matter. If any difficulty is experienced through the water, consult with the office of Home Economics States Relation Service, Washington, D. C.

In canning either fruits or vegetables the altitude makes a difference, the higher the altitude the lower the degree of heat needed to boil water. These directions are based upon an altitude of five hundred feet. For every four thousand feet increase there should be an addition of twenty per cent. to the time required for canning the different foods.

SPECIAL DIRECTIONS FOR CANNING SOUPS

Meat scraps, bones, ligaments and odds and ends of vegetables and cereals may be made into excellent soups and canned for later usage. This is thoroughly practical and is one of the best ways in which thrift can be exploited. The soup must first be made, packed hot in glass jars, or bottles, partially sealed as is directed in the previous part of the chapter and sterilized the proper length of time. Cream soups cannot be canned, but the sifted vegetable pulp, or purée, properly seasoned, which acts as a foundation for the cream soup may be canned and used as needed with twice the quantity of milk, or with equal parts of milk, and chicken or veal stock (white stock).

CANNED STOCK SOUPS

The amount of time needed in making soup stock is the same for a large quantity as for a quart or two. It is an economy of both time and fuel to prepare a large quantity at a time and can it ready for use whenever needed. The recipes given for the making of soup stock, bouillon and consommé, in the chapter on Soups, may be used for canned soups. The time of sterilization is forty minutes for the hot-water-bath outfit, thirty minutes with the water-seal outfit and twenty-five minutes with the steam-pressure outfit.

VEGETABLE STOCK SOUPS

Vegetable stock soups, as julienne, and soups with any kind of cereal thickening, as rice, barley, or tapioca, may also be canned. For the desired recipes see the chapter on Soups. Sterilize soups of this type ninety minutes in the hot-water-bath outfit, and seventy-five minutes in the water seal, or five-pound steam-pressure outfit.

PURÉES OF DRIED VEGETABLES

Soups of this type may be made of split peas, cow peas, yellow-eyed beans, black beans, kidney beans, navy beans, lima beans. The pulp must first be prepared and is then combined with the soup-stock and sterilized ninety minutes with the hot-water-bath outfit, eighty minutes with the water seal and seventy minutes with the steam-pressure outfit.

GENERAL PROPORTIONS OF DRIED VEGETABLES TO STOCK

DRIED PEA SOUP

Eight pounds of dried peas soaked over night, cooked until soft, sifted and added to five and a half gallons of soup stock, thickened with two cupfuls of flour, mixed with additional stock to a smooth paste, salted and sweetened to taste, and brought to a boil; fill into cans and sterilize. Any kind of peas may be used and the seasoning may be varied with onion, mint, bay leaves or celery tips, added to the stock when it is put on to heat.

DRIED BEAN SOUP

Three pounds of dried beans soaked over night in cold water and cooked soft with 3 pounds hock of ham and 4 gallons of water. When the beans are soft, strain them from the stock and sift them. Shred the ham, or put it through a food chopper, and return it to the liquor. Thicken with a cupful of flour, rubbed smooth with a little stock, fill into jars and sterilize. A few onions, or a little tomato pulp may be added to this soup when the beans are put on to boil.

CANNED VEGETABLE PULP

Tomatoes, peas, carrots, asparagus, egg plant, squash, fresh lima beans or any other pulpy vegetable may be boiled in as little water as possible, the proper seasonings added, the pulp sifted, filled while hot into jars and sterilized the length of time demanded by that particular vegetable. See the time table for sterilizing vegetables given in the previous part of this chapter.

MIXED VEGETABLES

To save garden waste, it is a good plan to can mixed vegetables, to be added to soup stock later on. The Government suggests that the following general proportions be observed. Soak 6 pounds of lima beans and 4 pounds of dried peas over night. Boil each one-half hour. Blanch 16 pounds of carrots, 6 pounds cabbage, 3 pounds celery, 6 pounds of turnips, 4 pounds of okra, 1 pound of onions and 4 pounds of parsley for three minutes and in cold water, quickly. Prepare the vegetables and chop into small cubes. Chop the onions and celery extra fine. Mix all of the above thoroughly and season to taste. Pack in glass jars or tin cans. Fill with boiling water. Partially seal glass jars, cap and tin cans. Sterilize ninety minutes with the hot-water-bath outfit; sixty minutes with the water-seal outfit or five-pounds steam-pressure outfit.

SPECIAL DIRECTIONS FOR CANNING MEATS

Success in canning meats depends upon good jars, good rubbers and proper sterilization. All kinds of meat may be canned by either one of the following methods:

Fowl or game should be drawn as soon as killed, carefully washed and cooled and cut into convenient sections. Beef, veal, lamb and mutton should be cooled quickly and kept for about twenty-four hours. Corned beef should be corned the proper length of time, then soaked for two hours in clear water to freshen it, the water being changed once. Pork should be cooled quickly after butchering and kept in a cool place for at least twenty-four hours. Only the lean portions should be canned.

CANNED CHICKEN, GAME OR VEAL

Cut the meat into convenient sections and boil until it can be removed from the bones. Remove from the boiling liquid, pick off the meat, and pack it closely into jars. In the meantime boil down the stock one-half, add a teaspoonful of salt to each quart jar of meat, fill the jars with the stock, adjust the rubbers and caps and sterilize three and a half hours with the hot-water-bath outfit, three hours with the water seal and two and a half hours with the five-pound steam-pressure outfit.

If undesirable previously to cook the meat, cut it into sections, pack it into the jars, and fill in with boiling water, adding a teaspoonful of salt to each quart jar. Adjust the rubbers and caps and sterilize four hours in the water-bath outfit, three and a half in the water-seal and three hours in the five-pound steam-pressure outfit.

CANNED BEEF, LAMB, OR MUTTON

Cut the meat in convenient slices for handling, and roast, or boil slowly for thirty minutes. Cut into small pieces, remove the gristle, bone and excessive fat and pack directly into the jars. Fill the jars with gravy from the roasting pan, or with stock, if the meat has been boiled, cooked down one-half, adjust the rubbers and caps and sterilize four hours in the water-bath outfit, four hours in the water-seal and three and a half in the five-pound steam pressure outfit.

CANNED CORNED BEEF

Freshen the corned beef as directed in the general suggestions, boil it slowly for thirty minutes, then plunge it into cold water. Remove the gristle, bone and excessive fat; cut the meat into small pieces, pack closely into jars, put the rubbers and caps into position and sterilize four hours in the water-bath outfit, four hours in the water-seal and three hours in the five-pound steam-pressure outfit.

CANNED PORK

Boil or roast the meat for thirty minutes. Cut into small sections, after removing the bone, gristle and excess fat, and pack closely into glass jars. Adjust the rubbers and caps and sterilize four hours in the water-bath outfit, three hours in the water-seal and three hours in the five-pound steam-pressure outfit.

SPECIAL DIRECTIONS FOR CANNING FISH

Make a brine of salt and cold water that will float a potato and, after cleaning the fish properly, let it stand in the brine for thirty minutes. Remove from the brine, cut into convenient sections, pack into glass jars, adding a teaspoonful of salt to each quart jar. If the skin is not removed, pack the jar so that the skin will be next the glass. If possible, remove the bones before packing the fish; sterilize three hours in the water-bath outfit, three hours in the water-seal and two and a half hours in the five-pound steam-pressure outfit. Use only fresh fish.

CANNED OYSTERS OR CLAMS

Select fresh products, not more than twenty-four hours out of the water. Rinse carefully in fresh salted water and plunge the clams or oysters into boiling water for a few minutes. Pack into glass jars, add a teaspoonful of salt to each quart jar, adjust the rubbers and caps and sterilize three hours in a water-bath outfit, two in a water-seal and one and a half hours in a five-pound steam-pressure outfit.

JAMS, MARMALADES AND CONSERVES

All three of these preserves may be made of a single fruit or of a mixture of two or more fruits. Berries, currants and gooseberries should be washed and then mashed, while firm fruits, like apples, peaches and pears, should be washed, pared and cored, or stoned, then sliced. The fruit should stand in alternate layers with sugar for several hours to extract the juices. Berries and juicy fruits do not need the addition of any water, but drier fruits, such as apples and pears, should have a little added to start the juices. They should be brought slowly to the boiling point and then simmered until so thick that a little will stiffen if dropped on a cold plate. For each pound of fruit used, after preparing, allow three-fourths of a pound of granulated sugar, or one-half pound of granulated sugar and one-fourth pound of white corn syrup.

Pour the preserves into jars or glasses, boiled for five minutes, and, when cool, seal with melted paraffine and cover, or paste brown paper over the tops. If desired, they may be put into pint jars, the rubbers and caps adjusted, and then sterilized twenty minutes in the hot-water bath, or ten minutes in the water-seal or in the five-pound steam-pressure outfit. This is an extra precaution against spoilage.

Blackberry Jam

See general directions for making jam.

Raspberry or Strawberry Jam

See general directions for making jam. If desired, the raspberries may be combined with one-quarter their weight in currants, or may be used with equal parts of blueberries. Or strawberries may be combined with an equal amount of diced, unpeeled rhubarb.

Loganberry Jam

See general directions for making jam.

Cherry Jam

Use rather sweet cherries. Remove the stones, and follow general directions for making jam.

Gooseberry Jam

Stem and wash the gooseberries, mash and cook gently in their own juices until they are tender. Add an equal weight of sugar and simmer until thick. If desired, equal parts of gooseberries and currants may be used.

Dried Peach or Apricot Jam

1 pound dried apricots or peaches
2 lemons
Water
1 orange
Sugar

Wash the fruit and soak it over night, with the orange and lemon sliced thin, rind and all. Then stew very slowly in the same water barely to cover and sift through a colander. Add two-thirds as much sugar by measure as fruit pulp, simmer very slowly until thick; seal as usual or sterilize in jars if desired.

Peach Marmalade

Blanch the peaches, remove the skins and stones and chop the pulp fine. Add two-thirds the weight of sugar and cook slowly until thick, about thirty-five minutes. Seal as usual or sterilize in jars if desired.

Grape Marmalade

7 cupfuls sifted grape pulp
2 cupfuls grape skins
¾ pound chopped raisins
1 pound chopped English walnuts
4½ cupfuls sugar

Cook the grape pulp to a mush and sift it. In the meantime, simmer the skins until tender in water to cover, add the raisins, combine with the sifted pulp and the sugar and simmer until thick, then add the nut meats and cook half an hour longer. Seal as directed, or sterilize in jars if desired.

Rhubarb Marmalade

10 cupfuls diced rhubarb
2 cupfuls chopped walnut meats
4 lemons
1 cupful raisins
10 cupfuls sugar

Do not peel the rhubarb. Put it in a kettle, add a pint of water and boil gently until soft, then add the nuts, sugar, lemon juice and the grated lemon rind. Cook gently until thick, about forty minutes, and seal as usual, or sterilize in jars.

Pineapple Marmalade

Pare and remove the eyes from four medium-sized pineapples, which should be ripe, but not soft. Shred the pineapple, and add one orange sliced very thin and a thinly-sliced lemon. Cook the mixture for a few minutes until reduced in bulk, then measure and stir in two-thirds the amount of sugar. Simmer until thick and translucent. Then seal in sterilized jelly glasses.

Orange Marmalade

4 oranges
3 lemons
2 grapefruit
Sugar
Water

Slice the fruit very thin, leaving on the rinds of three of the oranges and one grapefruit. Weigh and add two cupfuls of water to each pound of fruit, letting it stand twenty-four hours. Then boil for one hour, set aside in a cool place for twenty-four hours and to each pound of fruit juice add two cupfuls of sugar. Boil slowly for an hour, skimming as necessary, and pour into sterilized glasses, as usual, or sterilize in jars if desired. Be careful to omit the seeds and use thin-skinned fruit if possible.

Kumquat Marmalade

2 quarts kumquats
2 lemons
Sugar
Water
½ pound pecan nut meats (optional)

Wash the kumquats, cut in quarters, rejecting the seeds; slice the lemons, taking out the seeds, weigh combined fruits and add two cupfuls of water to each pound of fruit, letting it stand twenty-four hours. Then boil gently for an hour, drain the fruit from the liquid and chop it. Return the pulp to the liquid, measure it, add an equal quantity of sugar and boil gently till thick. If the nuts are to be used, they should be added with the sugar. Seal as usual in sterilized glasses.

Fig Conserve

1 pound dried figs
3 cupfuls sugar
½ cupful orange juice
½ cupful lemon juice
2 cupfuls chopped walnut meats
2 cupfuls raisins, halved
Grated rind one orange

Wash the figs and soak over night with the raisins in water to cover. Cook until tender in the same water, then chop fine and simmer until almost thick enough. Then stir in the nut meats, finish cooking and seal in sterilized glasses.

Cranberry Conserve

1 quart cranberries
1 cupful water
Juice and pulp 2 oranges
1 cupful raisins
2 cupfuls sugar

Cook the cranberries, oranges, raisins and water together until the cranberries burst, and the whole mixture is soft. Add the sugar, let simmer until thick and seal as usual in sterilized glasses.

Yellow Tomato Preserves

6 pounds yellow tomatoes
1 pound sugar
Juice and grated rind of 1 lemon
⅛ cupful minced green ginger root

Blanch the tomatoes and remove the skins. Add the sugar, the lemon juice and rind and the ginger root. Let stand over night, then cook gently until half done. Pour into jars. Adjust the rubbers and caps and sterilize twenty minutes in the hot-water-bath outfit, or fifteen minutes in the water-seal or five-pound steam-pressure outfit.

Preserved Pears with Ginger

8 pounds winter pears
5 pounds sugar
6 lemons
¼ pound candied ginger

Blanch the pears, remove the skins and cut the pulp in small pieces. Slice the lemons very thin, leaving on the rind of two of them. Chop the ginger and add it to the pears with the sugar and lemons. Cover and let stand twenty-four hours; then simmer until translucent. Pour into jars, adjust the rubbers and caps and cook ten minutes in the hot-water-bath outfit.

Preserved Cherries

Select sour red cherries. Remove the stones. Put the cherries in alternate layers in the preserving kettle, with half their weight in sugar, and one-fourth their weight in honey. (All sugar may be used if desired.) Let stand twenty-four hours, and then simmer gently until the cherries are tender. Pour into glass jars, adjust the caps and rubbers, and sterilize ten minutes in the hot-water-bath outfit.

Green Tomato Preserves

4 quarts green tomatoes, sliced	1 pint water
4 lemons	3 cupfuls sugar

Wash the lemons and slice very thin. Simmer in the water until the rinds are tender; turn in the tomatoes and simmer until translucent. Then add the sugar. Cook until thick and rich and pour into sterilized jars, filling them full. Adjust the rubbers and caps and sterilize ten minutes in the hot-water-bath outfit.

Preserved Strawberries

Hull the berries and measure them. Allow an equal quantity of sugar. Place in alternate layers with the sugar in the preserving kettle, let stand a few moments, then bring rapidly to boiling point, stirring all the time, and boil for ten minutes. Pour into sterilized glasses, and, when cool, seal with paraffine.

Preserved Strawberries — Cold Method

Wash and hull the berries. Weigh them, and then weigh out once and a quarter their weight in sugar. Mash the berries and put a layer in a scalded stone crock. Add a layer of sugar and then one of berries and continue until all are used. Stand in a cold place for twenty-four hours, stirring occasionally, then seal in sterilized jars.

SUN-DRIED PRESERVES (COOKED METHOD)

Raspberries, Strawberries and Cherries

Wash the fruit and hull the strawberries, or stone the cherries. Look over the raspberries carefully to see that there are no insects. Weigh the fruit, and to each pound allow one pound of granulated sugar. Put in alternate layers with the sugar in a preserving kettle and heat slowly. Set the kettle on an asbestos mat, so that the fruit will not burn, but it will not be necessary to stir it.

Boil gently for eight minutes, then pour into large enamel pans or platters to about one-fourth inch in thickness. Let stand in the hot sun for a day when it should be thickened or slightly jellied. If the sun is not very hot, it may be necessary to let it stand for two days. A good place is a piazza roof which has a metal top. Store in sterilized jars and seal with paraffine.

Sun-Dried Fruits (Uncooked Method)

Ripe apricots, peaches, cherries, raspberries and strawberries may be preserved in this way.

Hull the strawberries, remove the skins from the peaches and apricots, and stone the cherries — according to the fruit that is to be used. Slice the apricots or peaches thin. Lay on enamel pans or platters; sprinkle thickly with granulated sugar. Use the same method for the strawberries or cherries. Let stand in the hot sun for a day or two, but take the fruit in at night, and turn it over occasionally. Care must be taken to select only perfect fruit. Store in sterilized jars and seal with paraffine.

Preserved Kumquats

2 quarts kumquats
4 cupfuls sugar
4 cupfuls water

Blanch the kumquats, then boil up in cold water. Drain and repeat the process. Make a syrup of the sugar and water, boiling it for fifteen minutes, and then add the kumquats, cooking them until they are translucent. By this time the syrup will be thick and rich. Store in sterilized jars, filling them full to overflowing, and placing on the sterilized rubbers and tops. If desired, a cupful of honey or of white corn syrup may replace one cupful of sugar.

Baked Strawberry Preserve

Wash and hull the strawberries. Measure, and to each two heaping cupfuls allow a level cupful of sugar and two tablespoonfuls of hot water. Put in layers in a bean pot or other large baking dish, cover and let stand half an hour to start the juices. Then place in a cold oven and turn on both gas burners. After ten minutes turn off one and reduce the other burner half, or bake in a slow coal or electric oven. Cook forty minutes. Transfer to sterilized glasses and seal with melted paraffine.

To make a very rich jam, like the "sun-dried" variety, spread the oven-baked strawberries one-fourth of an inch deep on platters or enameled trays and bake very slowly for an hour. Seal as above.

Baked Plum Preserve

Wash the plums, remove the stones and measure the fruit. Then proceed as directed in Baked Strawberry Preserve. Purple plums are best for this purpose.

Quince Honey

2 large quinces	2 cupfuls water
1 quart sugar	

Pare the quinces and grate them. In the meantime boil together the sugar and water for five minutes. Then add the quinces, and boil until they look translucent, about eight minutes. Place in sterilized jars and seal with melted paraffine.

APPLE, PLUM, PEACH, GRAPE AND QUINCE BUTTER

Wash the fruit thoroughly. Cut the hard fruits in pieces but do not remove skins or cores. Crush the grapes, if used. Cover the fruit with cold water, bring to boiling point and cook until soft. Then rub through a coarse sieve to remove the seeds and cores. Measure the pulp and to each quart allow half as much sugar, either granulated or light brown, and a tablespoonful of powdered cinnamon and ½ tablespoonful of ground clove. Return to the heat; simmer until thick, and store in sterilized jars. The apple butter is improved if sweet cider is substituted for the water in the preliminary boiling.

If desired, the pulp left from making jelly may be used in making these butters by adding more water, allowing the mixture to come to a boil and then proceeding as though fresh fruit had been used. If desired, a little fresh fruit may be added, and the sifted fruit combined

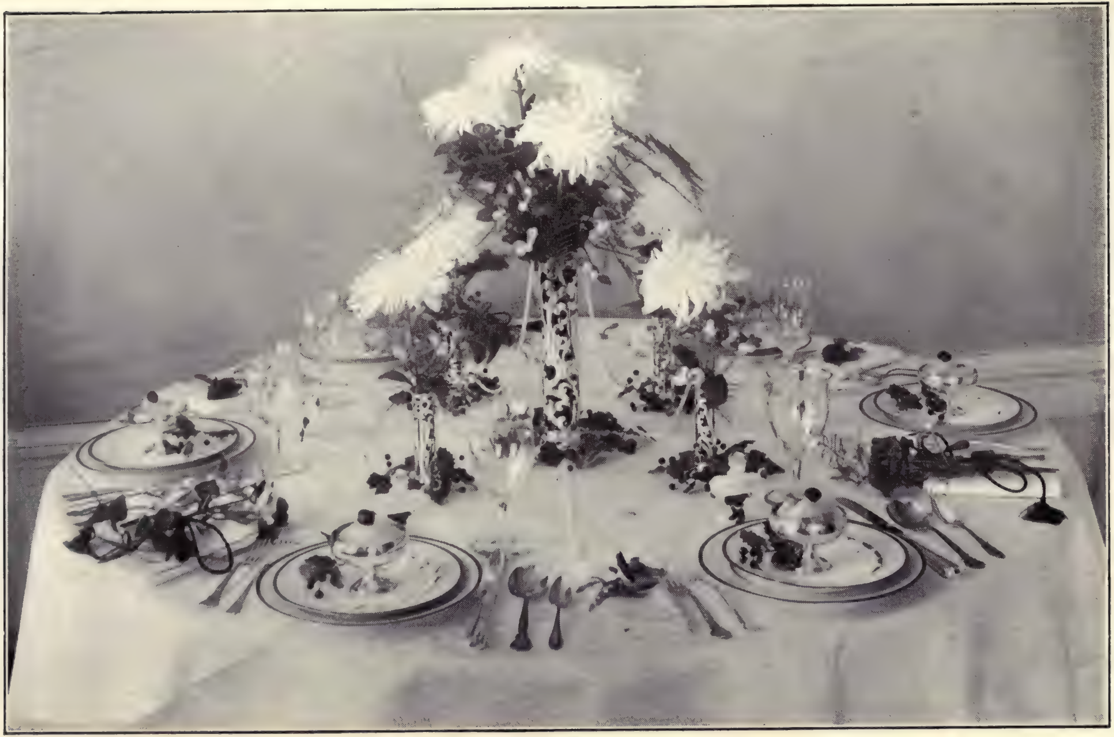


Table Set For Formal Christmas Dinner

with it. Combinations of fruits may be used in making these butters as equal parts of apples and quinces, peaches and apples, or plums and apples.

Tomato Butter

Use yellow or red tomatoes. Plunge them into hot water, remove the skins and stew the tomatoes with a few cloves and a little stick of cinnamon. Sift the mixture and to each quart of pulp allow two-thirds as much granulated or light brown sugar. Stew very slowly until the mixture is thick, and store in stone crocks. A mixture of tomato and apple gives delicious results.

CANNING FRUIT JUICES

The juice from any type of fruit may be canned, the method being the same for all kinds, the only difference being that if dry or hard fruits are used, it will be necessary to add a little water to start the juices, while if soft fruits are used, like grapes or blackberries, the water is not necessary. It is an economy of space and jars to make the fruit juice very condensed, diluting it, when using, with the desired amount of water.

A much better color and flavor is obtained if the fruit is not cooked directly over the heat, but rather is steamed.

The amount of sugar to be used depends upon the kind of fruit juice, but, generally speaking, from one-half to a cupful of sugar is ample for a quart of juice if a sweet result is desired. But if it is not practicable to add the sugar when the fruit juice is being put up, it will keep equally well without it, and if desired may be used later on in the season for making jellies.

When there are a great many apples on hand they may form the basis for delicious jellies made with an apple foundation combined with any desired proportion of canned fruit juices, the flavor of the jelly being almost as good as when the more expensive fruit is entirely used.

Method for Soft Fruits

Wash and crush the fruit in a good-sized preserving kettle. To each peck of fruit allow a pint of water. Set this kettle in a hot-water bath, that is, a kettle of larger size containing hot water, and steam the fruit until it is tender and the juices run freely. Strain through a flannelette jelly bag. Pour the juice into jars or bottles with patent tops. Adjust the rubbers and tops and sterilize thirty minutes for pint jars and sixty minutes for larger jars, in the hot-water-bath, pouring in water only to the necks of the bottles, if used.

Method for Hard Fruits

Hard fruit juices may be obtained in the same way by using more water and cooking the fruit in the kettle for a longer time.

If sugar is to be added, it should be mixed into the strained juice. If the bag is squeezed, the juice will be cloudy, but it may be used as " seconds " for jelly-making. If ordinary bottles are used, they should be filled with the liquid, and boiled in the water-bath as for the patent bottles, the tops being stuffed with absorbent cotton. The tops should be dipped in melted paraffine to form a perfect seal.

JELLY-MAKING

Success in jelly-making largely depends, not upon "good luck or bad luck" but upon whether or not *pectin* (a vegetable starch that stiffens the jelly) is present in sufficient quantities to make it harden. Most of the pectin is present in the skins and cores of the fruits and is found in greater abundance in under-ripe fruit, and in lesser amount in fruit that is ripe. So, if possible, choose fruits that are a little green, or at least not over-ripe.

Wash the fruit, and, if it is of a juicy type like currants or grapes, crush it in a preserving kettle, setting this in turn in a larger utensil containing hot water to form a hot-water bath. Cook gently until the fruit is tender and the juice is running freely. Then drain through a flannelette jelly bag, but do not squeeze it if a clear effect is desired. In using hard fruits, as apples, add enough water to keep them from burning and boil them until they are soft.

Testing the Juices for Pectin

To make sure that the jelly will stiffen, put 2 teaspoonfuls of the unboiled and unsweetened juice in a tumbler and add 2 teaspoonfuls of grain alcohol. Stir until well-mixed, and let stand for half an hour. If a jelly-like substance collects in the bottom of the tumbler, it is evident that pectin or the jelly-making principle of fruits is present. If pectin is lacking, boil a few apples (as these are rich in pectin), some green citron melon, or the white inner skin of a few oranges, and add it to the fruit juices. This inner skin of the oranges may be saved the year through and dried to be ready for such an emergency.

Finishing the Jelly

Measure the juice. Then bring to boiling point and boil rapidly for twenty minutes. Add to this three-fourths the quantity of granulated sugar, warmed in the oven, or one-half the quantity of sugar, and one-fourth the quantity of white corn syrup. Boil briskly until two rows of drops form on the end of a spoon held sidewise. The temperature is usually about 220° F. Pour into sterilized glasses. Let stiffen and, when cool, seal with melted paraffine.

Most common fruits may be made into jellies if they are sound, not too ripe, although pear jelly is difficult to make. If, however, the pears are combined with apples this difficulty may be overcome. Apples and cranberries in the proportion of one quart of cranberries to a peck of apples; apples and quinces, in the proportion of 2 quinces to 2 quarts of apples; apples, with any other canned fruit juices in the proportion of a quart of juice to a peck of apples, will make delicious jelly. Green-skinned apples alone make a clear amber jelly and red-skinned apples make jelly of a deep pink color. Currants and raspberries, or loganberries, are delicious in combination, while blackberries may be reinforced by apples to keep down expense. Barberries and apples in the proportion of a quart of barberries and a peck of apples make a delicious jelly. They are especially suitable to serve with game. Elderberries may be used either alone or in combination with equal parts of ripe grapes or currants.

It is usually customary to make jellies of the fruit juices and sugar only, but if desired a little whole spice may be cooked with the fruit juice, a little orange or lemon rind may be added, or, in case the juice seems insipid, a little lemon juice. Old-fashioned cooks still use a rose geranium leaf or a spray of lemon verbena in their apple jelly.

PICKLING

The making of ordinary sour or sweet pickles, as gherkins or green tomatoes, may be successfully done at home, without the use of preserving powders, alum, or a copper or brass kettle to make them green. All of these methods of preserving the color are inimical to health and should be absolutely avoided.

In making whole cucumber pickles, select the fresh vegetable, and brush rather than wash them. They should then be put in brine because the brine draws out the moisture and therefore makes a more compact and firm pickle. Because salt is a preservative the preliminary soaking in brine also assists in keeping the pickles for an indefinite period. The brine should not be too strong lest it soften the vegetable.

Brine for Pickles

Add enough ordinary salt to a quart of water to float a fresh egg—about one-half cupful.

To Keep Pickles Green

The old-fashioned method of lining the preserving kettle in pickle-making with grape leaves, cabbage leaves and covering the mixture with them, gives a delicious flavor and assists in retaining the color. A few cherry leaves or tendrils of grape vines are an addition.

Sour Cucumber Pickles

Let the cucumbers stand in a brine for twenty-four hours. Then drain them. Cover with pickle vinegar, and bring to boiling point. Transfer the pickles to jars and cover with the vinegar.

Sour Pickling Vinegar

1 quart vinegar
2 teaspoonfuls whole black pepper
From ½ to 2 teaspoonfuls grated horseradish
One 3-inch strip stick cinnamon, broken
1 teaspoonful celery seed
½ teaspoonful whole cloves
¾ teaspoonful mustard seed
1 tablespoonful brown sugar

Bring to boiling point. Boil a minute or two and cool before pouring over the pickles.

Sweet Cucumber Pickles

Soak small gherkins in the brine, as directed. Finish as in the preceding recipe, using sweet pickling vinegar.

Sweet Pickling Vinegar

Add a cupful of sugar to the ingredients for making sour pickling vinegar.

Green Tomato Pickle

Wash four quarts of green tomatoes, peel five small onions and five green peppers. Slice or chop them, cover with a brine made as directed, and let stand over night. In the morning, drain and add once the recipe for sour pickling vinegar. Simmer for twenty minutes and seal in jars while hot.

Sweet Green Tomato Pickle

Wash five quarts of green tomatoes, and peel five onions. Slice, let stand over night in a brine made as directed. Drain, cover with sweet pickling vinegar and boil for fifteen minutes. Seal while hot.

Piccalilli

1 peck green tomatoes
2 quarts sweet green peppers
2 onions
1 medium-sized cabbage
1 head celery
1½ cupfuls brown sugar
1½ cupfuls granulated sugar
1 ounce white mustard seed
2 ounces stick cinnamon broken
1½ ounces whole cloves
1 ounce whole allspice
¾ cupful salt
Vinegar

Wash the tomatoes and peppers. Remove the bloom ends from the tomatoes and the seeds from the peppers. Peel the onions, and quarter the cabbage, removing the core. Clean the celery, and chop the vegetables separately. Put in a preserving kettle in alternating layers with the salt and let stand over night. Then drain off the liquid. Tie the spices in a bit of cheescloth. Add to the vegetable mixture with the sugar. Cover with vinegar, gradually heat and simmer till the vegetables are translucent. Transfer to sterilized jars, and seal.

Cucumber Chowchow

3 quarts chopped, seeded cucumbers
1½ quarts chopped onions
1½ pints chopped green peppers
6 tablespoonfuls celery seed
1¼ teaspoonfuls white pepper
Salt
Vinegar to cover

Combine the cucumber, onion and peppers, and sprinkle them sparingly with salt. About two tablespoonfuls and a half will be sufficient. Cover and let stand over night in a cool place. In the morning add the celery seed and the pepper, together with vinegar to cover, and store. This should not be cooked. A head of celery, or two cupfuls of finely-chopped cabbage, may be added if desired.

Stuffed Vegetable Pickles or Mangoes

The term "mangoes" in reality covers all sorts of stuffed, pickled vegetables, as cucumbers, large green tomatoes, green peppers and small green watermelons or green cantaloupes. If cucumbers are used, they should be short and stubby. Tomatoes should be just turning ripe, and melons be of about the same size. Cucumbers should be pared, and the tops cut off and the seeds scooped out, forming cups. Tomatoes should not be peeled, slices from the stem ends should be removed and the pulp taken out. Peppers should have the stem ends cut off to form lids, and the seeds removed, and melons should have thin sections removed and the seeds taken out.

The vegetable should then be put to soak over night in brine made in the proportion of a cupful of salt to two quarts of water. In the meantime, the stuffing may be prepared ready for use in the morning. It is impossible to give the exact amount, as it varies with the size of the vegetable cavities, but roughly the following proportions are ample to stuff two dozen medium-sized green peppers, and other vegetables of comparative size:

4 quarts of finely-chopped cabbage
2 quarts finely-chopped celery
3 cupfuls chopped onion
1 tablespoonful ground clove
1 tablespoonful ground cinnamon

1 tablespoonful pepper
1 tablespoonful allspice
1 tablespoonful mustard seed

Mix, cover and let stand over night; then fill the cavities, replace the tops, fastening them with twine or toothpicks, cover with cold vinegar and let stand over night. The next day simmer for half an hour in the vinegar. Remove, put in a stone crock, and cover with fresh cold vinegar. This completes the process for tomato and pepper mangoes. In making melon and cucumber mangoes, pour off this vinegar, after standing twenty-four hours, add a half cupful of sugar to each quart, and pour scalding hot over the mangoes. Repeat this for three or four mornings.

Sweet Pickled Vegetables

2½ cupfuls mild vinegar
½ cupful sugar
2 small bay leaves
½ teaspoonful whole cloves
Grating of lemon rind
1 inch of stick cinnamon

Boil together for twenty minutes; add three cupfuls or more of cooked shredded carrots, being sure that the vinegar covers them, or substitute cooked cauliflower, separated from the flowerets, Brussels sprouts, sliced cooked beets, or cooked string beans. If desired, this can be made into a mixed vegetable pickle. It is always advisable to let the vegetables simmer for five minutes in the pickle. If beets are used, thinly sliced onions and a little caraway seed may be added.

Sweet Pickled Pears, Peaches or Crab Apples

1 peck of peaches, pears or crab apples
2 pounds brown sugar
1 quart mild vinegar
1 ounce stick cinnamon
Whole cloves

Make a syrup of the sugar, vinegar and cinnamon, boiling it ten minutes. Blanch the fruit. Remove the skins from the peaches, but leave on the skins of the crab apples or pears. Stick each fruit with four or five cloves, and cook the fruit, a few at a time, in the syrup until soft. Transfer to sterilized jars, and, when the jars are full, pour over boiling syrup, adjust the rubbers and caps and sterilize ten minutes in a hot-water-bath.

Spiced Grape

7 pounds grapes
4 pounds brown sugar
1 quart mild vinegar
1 tablespoonful ground cinnamon
½ tablespoonful ground clove
½ teaspoonful white pepper

Pulp the grapes and cook gently till the seeds are separated. Rub through a sieve and add the skins, sugar and the vinegar. Cook an hour and a half or until the skins are tender. Add the spices and cook ten minutes. Seal hot in sterilized jars.

Spiced Rhubarb

10 cupfuls diced rhubarb
1 pint good cider vinegar
1½ teaspoonfuls cloves
8 cupfuls granulated sugar
2 teaspoonfuls cinnamon

Add the vinegar to the unpeeled rhubarb and let it simmer until the rhubarb is soft. Then turn in the sugar and spices and simmer until of the consistency of marmalade. If a tart preserve is preferred, less sugar may be used. Store in sterilized jars, and cover with paraffine when cold.

Sweet Pickled Cherries, or Home-Made Maraschino Cherries

Select large ox-heart cherries. Wash them and remove the pits. Let stand for a day or two, covered with mild vinegar, and then put in jars in alternating layers with granulated sugar. Cover with vinegar and stir every day for a week. Let stand for a month or two and then add to each quart jar a teaspoonful of pure cherry extract and a drop or two of almond extract. They will keep indefinitely without sealing.

Apple Chutney

18 sour apples
3 minced sweet green peppers
1 minced onion
1½ cupfuls seeded and chopped raisins
1½ pints cider vinegar
1 tablespoonful salt
1½ cupfuls currant or other tart jelly
1½ cupfuls sugar
Juice 4 lemons
1½ tablespoonfuls ground ginger
¼ teaspoonful cayenne

Pare, core and chop the apples and the onion. Remove the seeds and cores of the peppers and chop the flesh fine.

Put the ingredients together in the order given and simmer until thick. Seal hot in sterilized jars.

Tomato Chutney Sauce

18 apples
18 ripe tomatoes
6 green peppers
18 small onions
1¼ cupfuls seeded raisins
3 cupfuls vinegar
3 cupfuls sugar
2 tablespoonfuls ground ginger
2 tablespoonfuls salt
½ teaspoonful cayenne pepper
Juice of five lemons

Peel the tomatoes, pare the apples and onions and remove the seeds from the peppers. Chop finely all together; add the other ingredients in the order given, and simmer until thick, or for about three hours. Store hot in sterilized jars.

Corn and Bean Relish

1 quart of corn cut from the cob
1 quart shelled fresh lima beans
2 cupfuls diced celery
4 cupfuls finely-shaved cabbage
1 cupful chopped onions
2 quarts mild vinegar
3 chopped green peppers
2 cupfuls sugar
1 cupful flour
½ cupful salt
¾ teaspoonful mustard
⅓ teaspoonful cayenne pepper
1 teaspoonful of turmeric (optional)

Put the vegetables into the preserving kettle; add half the vinegar, and mix the balance with the other ingredients; combine and simmer for an hour, or until the beans are soft. If old, however, they should be parboiled for fifteen minutes before combining with the other vegetables. Seal hot in sterilized jars.

Pickled Nasturtium Seeds

Nasturtium seeds may be pickled in either a sweet or sour vinegar. Follow the directions for making sweet or sour cucumber pickles, substituting nasturtium seeds for the cucumbers.

Tomato Catsup

1 peck of ripe tomatoes
4 cupfuls mild vinegar
1 tablespoonful whole allspice
2 tablespoonfuls broken cinnamon sticks
1½ tablespoonfuls whole cloves
1 cupful sugar
1 clove garlic
3 tablespoonfuls salt
1 tablespoonful red pepper

Wash the tomatoes, cut them in small pieces and cook until soft and pulpy, with the garlic chopped. Then sift. Add the spices, tied in a bit of cheesecloth, and the vinegar, together with the seasonings, and simmer until the pulp is thick — about four hours. Remove the spice bag. Store boiling hot in sterilized bottles dipping the tops in melted paraffine.

Chili Sauce

24 medium-sized ripe tomatoes
7 green peppers
3 onions
2 tablespoonfuls salt
½ cupful brown sugar
2 tablespoonfuls whole cloves
2 tablespoonfuls broken stick cinnamon
2 cupfuls vinegar

Blanch the tomatoes and remove the blossom ends. Chop fine with the peeled onions and the peppers, from which the seeds have been removed. Put in a preserving kettle with all the other ingredients (the spices tied in cloth), and cook slowly, stirring constantly for an hour and a half, or until thick. Pour hot in sterilized jars and seal.

Herb Vinegars

Tarragon vinegar. Loosely fill a pint jar with fresh tarragon leaves. Cover with cider vinegar, put on the top, let stand in a sunny place for three weeks and strain. A few peppercorns may be added if desired.

Mint vinegar. Follow the directions given for making tarragon vinegar, substituting mint for the tarragon.

Chervil vinegar. Follow the directions given for making tarragon vinegar, substituting chervil for the tarragon.

Celery vinegar. Follow the directions given for making tarragon vinegar, substituting celery tips for the tarragon.

Nasturtium vinegar. Follow the directions given for making tarragon vinegar, substituting a cupful of nasturtium seeds for the tarragon.

Garlic vinegar. Bruise two or three cloves of garlic and follow the directions given for tarragon vinegar.

DRYING OR EVAPORATING FRUITS AND VEGETABLES

Equipment

Vegetables and fruits can be dried in the oven, in trays, or racks over the kitchen stove, or in a specially constructed dryer, for there are several on the market which give satisfactory results.

The small cook-stove dryers, or evaporators, are like ovens and are usually made of galvanized sheet iron, or of wood and galvanized iron in combination. They are suitable for use on the top of an ordinary wood or coal range, or a kerosene stove. They are equipped with a series of small trays on which fruits or vegetables are placed after the preliminary preparation for drying.

In case a large amount is to be dried in a day, as, for instance, ten bushels of fruit, a portable out-door evaporator is especially convenient. Or, a home-made dry kiln can be cheaply and easily constructed of brick and stone.

A home-made, cook-stove dryer is inexpensive and easy to make. The dimensions should be 24 by 16 inches and the height 36 inches. A galvanized sheet-iron base 6 inches high should be made according to these dimensions. This should flare slightly towards the bottom and should have two small openings for ventilation in each of the four sides. A box-like frame 30 inches high, made of 1 or 1½ inch strips of wood, should be fitted to the base, the two sides being braced with 1¼ inch strips of wood, placed at intervals of 3 inches. These form racks on which the trays may rest in the dryer. The frame should then be covered with tin or galvanized sheet iron, which may be tacked to the wooden strips of the frame. If more convenient, thin boards may be used instead of tin or sheet iron. The door should have small hinges, a latch or hook and should open wide.

The bottom of the dryer should be made of perforated galvanized sheet iron. Two inches above this bottom a solid sheet of galvanized iron, three inches less in length and width, should be rested on two wires, fastened to the sides of the dryer. This will prevent the direct heat from coming in contact with the product, allows a free circulation of heat and acts as a radiator.

A dryer of this size will hold eight trays, 21 by 15 inches. The frame should be made of one-inch strips of wood on which galvanized screen wire should be tacked. The reason that these trays are not so large as the dryer is because it is necessary to have currents of heated air circulating over the product as well as through it. And to produce this effect, the first tray must be placed three inches above the radiator and pushed to the back, leaving a space in front. The next tray is even with the front, leaving a three-inch space in the back, and the other trays alternate in the same way. A ventilator should be left in the top of the dryer so that the moist air may pass away through it.

If the drying is to be done in the oven, convenient trays can be made of galvanized wire screen, with the edges bent up an inch. Or, trays of this type may be purchased at a reasonable figure in sizes to fit all standard gas range ovens. As many trays as possible should be used in an oven at one time, and if a gas, or kerosene, stove is being used, an extra tray or two may be placed on rests on top of the oven as well.

A very simple device for drying, which is still in use in some districts, consists of a good-sized wooden frame, about as large as the top of the coal or wood stove. After being covered with a galvanized screen, it is inverted and suspended from the ceiling above the stove, by means of ropes and pulleys. The vegetable or fruit is prepared, put on the screen and, when the fire is very hot, the rack is pulled up, away from the intense heat, and when the fire is slow, it should be lowered.

GENERAL METHODS FOR DRYING OR EVAPORATING VEGETABLES

Drying or evaporating may be accomplished entirely by artificial heat, or by a combination of sun and artificial heat. The former method is to be preferred as the weather is not always dependable. The reason that artificial heat is used in conjunction with the sunshine, is so that all insect eggs may be killed before the product is stored. The sun-dried products are darker in color, but have as good flavor.

The vegetables must be absolutely fresh, young and tender; they should be thoroughly washed and cleaned. Only well-scoured knives should be used in paring or cutting.

All vegetables should be blanched, as in canning by the new method, that is to say, they are prepared, placed in a wire basket, or cheesecloth bag, plunged into boiling water, for a given length of time, removed, drained and dried on towels, or by exposing them to the sun and air. This process insures a thorough cleaning, removes strong odors and flavors, softens and loosens the fiber and allows the moisture to evaporate more quickly and evenly. At the same time, the albuminous matter has been coagulated, thus hindering the escape of flavors.

The vegetable should then be spread in a thin layer on the trays. The temperature should be started at 110° F. This can best be determined by an oven thermometer which can be secured at low cost. However, if one is not at hand, 110° F. may be secured in most gas ovens by having the gas lighted for about two minutes. In most kerosene ovens, in about the same time, and in a coal oven by having a very low fire and the oven door a little more than half open.

The temperature should be gradually increased to 145° F. The length of time required for drying vegetables varies with the size and the amount of water they contain. Generally the process takes from two and a half to seven hours, most vegetables being completed in the shorter time. The products are dry when they are brittle.

The vegetables should be stirred, or turned, during the drying, trays should be moved from the lower part of the oven or dryer to the top to equalize the heat, and as the vegetables are dried two or more trays can often be combined, leaving space for a fresh lot, and making possible economy of both time and heat. If the oven is used, the door should be left slightly open.

STORING DRIED VEGETABLES AND FRUITS

The best container is a tin box, pail, glass jar or can, all fitted with tight covers; lard pails, baking powder cans, cocoa cans and the like should be treasured for this purpose. In case there are not enough cans for storing, small paper bags may be used, enough being put into each bag for one or two meals. This obviates opening large quantities. The bags should be labeled — the upper parts then being twisted to form necks which should be tied tight with string. To make the bags practically moisture- and insect-proof, paint them all over with a coat of melted paraffine applied with a brush, or frayed-end of a rope.

These bags should be stored in a large tin container with a tight fitting cover, as a cracker can, large lard pail, or flour can. Paraffine-coated paper containers may be used and stored as the bags. Those who are fortunate enough to have left over some of the prepared paper cooking bags in vogue some years ago will find them invaluable for this purpose. In this case, the tops should be folded over, twice fastened with clips and paraffined, the bags then being stored as directed.

On first thought it may seem that the storage room needed for dried products will prove a serious problem in small houses, but when it is realized that a hundred pounds of fresh vegetables will average but ten pounds when dried, the matter takes care of itself, and the woman who has no room to store cans of fruits and vegetables will be able to provide food for her family through this condensing method.

All dried products should be examined occasionally to make sure that no insect life has developed. Upon the slightest appearance of insects the product should be spread in thin layers in the sun until the insects disappear; then heated to a temperature of 160° F., and carefully re-stored. They should be allowed to stand a while to absorb a little moisture before being stored.

Dried Wax or String Beans

All varieties of string beans can be dried. Wash and string them carefully. Young and tender beans should be kept whole; those that are full-grown being cut in lengths up to an inch rather than snapped. They should then be blanched six minutes for tender beans, ten minutes for mature beans, in boiling water containing a half teaspoonful of soda to the gallon. Finish according to the general method for drying vegetables, starting the temperature at 110° F. and raising gradually to 145° F.

Dried Green Lima Beans

Shell the beans, wash and blanch them as described from five to ten minutes according to maturity. Finish according to the general method for drying vegetables, keeping the temperature the same as for string beans.

Dried Garden Peas

Shell and blanch the peas as described from three to five minutes and finish according to the general method for drying vegetables, keeping the temperature as for string beans.

Sweet Corn

Gather young and tender corn, remove the husks and silk and boil or steam it on the cob from eight to ten minutes to set the milk. In boiling, use a teaspoonful of salt to four quarts of water. Drain well. Cut the corn from the cob with a sharp knife, only half way down to the cob. Scrape out the remainder of the grain, being careful not to include any of the hull. Dry as directed in string beans.

If field corn is used, select plump, roasting ears.

To dry corn in the sun, prepare it as directed, dry it for fifteen minutes in the oven, completing the process in the sun. It should then be heated to 160° F. to kill any insect eggs.

Dried Carrots, Parsnips, Kalarabi, Celeriac and Salsify

Clean, scrape or pare the vegetables and slice to one-eighth inch thickness. Blanch as described for six minutes and complete the process according to the general method for drying vegetables, starting the temperature at 110° F. and raising it gradually to 150° F.

Dried Onions and Leek

Wash the onions and peel and slice them in quarter-inch slices holding them under water. Blanch as described for five minutes in boiling water and complete according to the general method of drying vegetables, beginning at 110° F., and raising the temperature gradually to 140° F.

Leek should be cut in quarter-inch strips.

Dried Beets

Wash the beets, cut off the tops to within an inch of the beet and boil them with the skins on until three-fourths done, about forty-five minutes for young beets, then dip in cold water, peel and slice to one-fourth inch thickness and complete according to the general method for drying vegetables, starting at 110° F., and gradually increasing the temperature to 150° F.

Dried Pumpkin, Summer Squash and Celery

Cut the pumpkin or squash in half-inch strips and the celery in one-inch strips. Blanch as described three minutes and finish according to the general method for drying vegetables, starting them at 110° F. and gradually increasing to 150° F.

Dried Herbs, Celery Tips, Parsley, Etc.

Wash well and dry in the sun or in the dryer; blanching is not necessary. All herbs and mushroom trimmings may be kept in this way.

Method for Drying or Evaporating Fruits

In very dry climates fruits may be evaporated entirely in the sun, although this causes considerable discoloration. For home use, fruit may be dried in the hot sun until the surface begins to wrinkle and may then be finished in the dryer, according to the general methods described in evaporating vegetables.

Select only fresh ripe fruit, wash it, prepare as necessary and spread it upon the drying trays which have been lined with wrapping paper or cheesecloth to prevent any possibility of chemical action between the fruit acids and the metal. The ability to judge accurately when fruit has reached the proper condition for removal from the dryer can be gained only by experience. It should be so dry that it is impossible to press water out of the freshly cut ends of the pieces and so that none of the natural grain of the fruit will show when it is broken. It should be leathery and pliable, but not so dry that it will snap or crackle. Cool the fruit quickly as otherwise it will shrivel and look unattractive.

Dried Berries Of All Kinds

Wash the berries, free them from leaves and stems, handling them carefully to prevent bruising. Drain them on towels, or expose to the summer air for a few minutes to remove the surface moisture, then spread in thin layers on the trays and dry according to the general method described in drying vegetables, raising the temperature gradually from 110° F. to 125° F. during the first two hours. When a considerable portion of moisture has evaporated the temperature may be brought higher than 130° F., but if this is done before, there will be loss of juice by dripping and consequent loss of flavor and color. Finish drying the berries at 140° F. for two or three hours longer.

Dried Cherries

Wash but do not stone the cherries. Remove the surface moisture as directed in dried berries, spread in thin layers on the trays and finish according to the general method for drying vegetables starting at 110° F. and increasing to 150° F. It will take about four hours.

Dried Plums

Select good-sized medium-ripe plums. Pour over boiling water, cover and let stand twenty minutes. Drain, remove the surface moisture as in berries and finish according to the general method for drying vegetables, starting at 110° F., and increasing gradually to 150° F.

Apples and Pears

Pare, core and cut the fruit in eighths, or core and slice in rings. Dip as fast as a small amount is prepared for a minute in a cold salt bath to prevent discoloration, using an ounce of salt to a gallon of water. Remove the surface moisture as in berries and finish according to the general method for drying vegetables, starting at 110° F., and increasing to 150° F. The pears may be steamed ten minutes before drying.

Dried Peaches

Peaches are usually dried unpeeled, although they may be blanched and the skins removed if desired. In either case, cut them in halves, remove the pits, lay in the trays, pit-side up and finish according to the method given for dried vegetables, and at the same temperature as apples.

INDEX

A

Acid,
  foods, 2, 15–19
  tannic, 133
Acorns, Chocolate, 653
Ade,
  Cranberry, 142
  Loganberry, 139
  Orange, 139
    Syrup for, 138–139
  Raspberry, 139
  Rhubarb, 140
Albumin,
  Milk, 683
  Water, 683
Almond Biscuits, 213
  Ring, 209
Almonds,
  Canoe Club, 650
  To Salt, 658
Aluminum Utensils, 76
Anchovy Paste, 233
Angelica, To Prepare, 621
Appetizers, 4, 233–239
Apple Butter, 706–707
  Chutney, 714
  Cups with Rice, 150
  Dumplings, Baked, 524
    Steamed, 525
  Rice, 521
  Sauce, Baked, 150
  Strudel, 641
Apples,
  as food, 3, 16–18
  Baked in Maple Syrup, 150
  Broiled, 149
  Coddled, 5, 150
  Crab, Stewed Pickled, 713–714
  Cranberry Style, 151
  Dried, 723
  Jellied, 547–548
  West India Baked, 149
  with Baked Pork Chops, 337
Apples, *continued*
  with Cheese, 149
Apricot Jam, Dried, 158
Apricots,
  Crystallized, 656
  Dried Jellied, 548
Artichokes,
  French or Globe, 420
  Jerusalem, 420
  Omelet of, 182
Asparagus,
  Boiled, Plain, 437
  Cooked like Peas, 437
  Creamed Canned, 437
  Food value of, 15
  Loaf, 438
  Shortcake, 439
  Timbales of, Canned, 438–439
  Vinaigrette, 437–438
  with Parmesan Cheese, 438
    Scrambled Eggs, 176

B

Bacon,
  Baked, 362
  Food value of, 2, 14
  Fried, 361–362
  Fried, Liver and, 352
  How to Buy, 321
  Liver and, 352
  with Scrambled Eggs, 176
  with String Beans, 422
  with Sweet Potatoes, 407
Balance,
  Principles of, 27
  in the Luncheon, 46–47
Ballast in the Diet, 6–7, 15–19, 30
Banana Bavarian, 553
Banana Cup, 153
Bananas,
  Baked with Raisins, 146
  Baked with Cranberry Sauce, 146

Bread, *continued*
  Jelly, 214–215
  Making of, 188–190, 194
  Mixer, 192–193
  Nut, 199
  Proportions of Loaf of, 193–194
  Prune, 230
  Pudding,
    and Jam, 215
    Eggless, 215
  Quick, 218–232
    Entire Wheat Meal, 229–230
    Graham, 230
    Nut, 230–231
  Rice, 191, 197
  Rich, 2
  Rye, 191
    Unkneaded, 197
  Savory, 213
  Salt-Rising, 195
  Spiced, 198
  Sponge, 193
  Stale, Ways to Use, 209–217
  Steam Cooking of, 115
  Steaming, 219
  Swedish Sweet, 200
  Tomato and Cheese Stew, 213
  Varieties of, 190–191
  Yeast, 188–217
    Brown, 200–201
    White, 195, 197–198
Breakfast, 56–59
  Children's, 44–45
Broiling, 1, 11, 271
  Pan, 324
Broth, 10
  Beef, 679–680
  Chicken, 681
  Egg, 680
  Fish, 263
  Food value of, 2
Brownies, Fudge, 611
Brussels Sprouts,
  au Gratin, 420
  with Chestnuts, 418
Bulk of food, 2, 5, 7, 26
"Bunny Hug," 670
Buns, Hot Cross, 203
Buying, on Basis of Calories, 322–324
Butter,
  Apple, 706–707
  as seasoning, 31
  Chives, 500
  Flavored, 499–500
  Food value of, 3, 5–6, 12
  Grape, 706–707
  in the Diet, 38–39
  Lemon, 499
  Lobster, 500
  Peach, 706–707
  Pimento, 500
  Plum, 706–707
  Quince, 706–707
  Sardine, 500
  Tomato, 707
  Watercress, 499
Butter Cakes, New York Style, 222
Buttercups, 654
Buttermilk, 2, 18
  Bread Muffins, 216

C

Cabbage, 2, 16, 30
  au Gratin, 434
  Creamed, 433
    with Peppers, 433
  Devilled, 435
  Hot Slaw, 435–436
  in Diet, 38
  Quick, 433
  Red, Sour, 436
    Stewed, 436
  Rolls, 435
  Sour (Dutch), 434
  Steamed Stuffed, 435
  Stewed with Dumplings, 434
Caffein, 134–135
Cake, 2, 12, 14, 27, 583–606
  Almond Loaf, 601
  Angel, 591
    (Cooked Syrup), 591–592
  Apple Sauce, 602
  Apricot, 601
  Baking, 586
  Banana, 602
  Blueberry, 601
  Caramel, 603–604
  Cheese, German, 642
  Choice of Ingredients for, 586–587

Cake, *continued*
  Coffee, 2, 12
  Corn, 229
    Sour Milk Spider, 228–229
  Chocolate, 600
    Eggless, 606
    Fudge, 600
  Cream, 603
    Chocolate, 604
    Country, 603
  Date, 607
  Devil's Food, 600
  Fruit,
    Inexpensive Dark, 598
    Light, 598–599
  Gold, 595
    Small, 609
  Hallowe'en, 608
  Ice Cream Nut, 594–595
  Icing, 620–621
  Johnny, Eggless, 226
  Layer and Loaf, 592–606
  Lemon, Filled, 605
  Little Mistletoe, 609
    Partridge Berry, 609–610
    Violet, 608
  Loaf, 593
  Making, 583–587
  Maple, 603–604
  Marshmallow, 603–604, 608
  Milk, Hot, 598
  Nut and Raisin, 597–598
  One-Egg, 602–603
  Orange, 606
  Orange-Date, 604
  Peach, 605
  Pineapple, 605–606
  Pound, 597
    Fruit, 597
  Prune and Nut, 594
  Putting into a Pan, 585–586
  Putting Together, 584–585
  Raspberry, 602
  Ribbon, 596–597
  St. Valentine's, 596
  Silver, 595–596
  Snow Basket, 590
  Spice,
    Buttermilk, 593
    Coffee, 594
    Marble, 593
    Quick, 592

Cake, *continued*
  Sponge,
    Angel, 592
    Butter, 611
    Caramel, 589
    Everyday, 588
    Plain, 590
    Swedish, 590
  Strawberry, 596
  Tea Crumb, 215–216
  Utensils for, 583–584
  Walnut, 595
    Cream, 595
  Wedding, 595
  White, Delicate, 599–600
  Without Shortening, 587–592
Cakes, Cup, 607–619
  Currant, 609
  Honey, 608
  Maple, 610
  One-Egg, 607
Cakes, Griddle,
  Bread Crumb, 223–224
  Butter, 222
  Cooking, 219–220
  Plain, 223
Cakes, Little, 607–619
Calcium, 30
Calla Lilies, 238
Calories,
  as a Basis of Food Values, 19–26
  Buying on a Basis of, 322–324
  Definition of, 19–20
Canapes, 233–236
  Crab, 234
  Caviar, egg, 234
  Ham, potted, 234
  Lobster, 234
  Mushroom, 236
  Oyster, 235–236
  Peanut, 235
    Butter, 235
  Salmon, Smoked, 234
  Tomato, 235
Candy, 2, 12–13
  Making of, 644–660
  Packing of, 645–646
  Peppermint, 4
  Pulled Molasses, 654
  Using Thermometer for, 646
  Wintergreen, 4

Canning, 687–724
  Directions for, 687–688
  Fish, 699
  Fruit Juices, 707–708
  Fruits, 692–695
  Meats, 697–698
  Outfits, 687–688
  Powders, 691
  Soups, 695–697
  Time Table for, 692
  Vegetables, 690–692
Cantaloupe Cups, 154
Caraway Seed, 72
Carbohydrates, 2–4, 22–23, 26
  Place in Menu, 4, 11–13
  Preparation of, 4, 11–13
Carbon Dioxide, 6
Carpels, 145
Carrots, 12, 15, 30
  Creamed, 432
  Dried, 721
  en Casserole, 432–433
  Glacé, 432
  Savory, 432
  Straws, 433
  with Butter Sauce, 433
Casein, 11, see Cheese
Casserole, En, 326
  Beef, 332–333
    Curried, 333
    Short Ribs of, 333
  Beef-Balls, 336
  Carrots, 432–433
  Chicken, Plain, 369
  Combinations, 109
  Cooking, 10, 105–111
  Dishes, 8
  Fruits, 110–111
  Halibut, 274–275
    Smoked, 298
  Ham, with Vegetables, 440
  Lamb, 347
  Left-Overs, 108–109
  Liver, 353
  Meat, 326
  Menus, 107
  Mutton Chops, 346
  Oranges, 145
  Pork, 356–357, 381
  Salmon, Broiled, 295–296
  Seasonings for, 109–110
  Squirrel, 378
  Thickening, 108
Casserole, En, *continued*
  Time of Cookery, 106–107
  Utensils for, 105–106
  Veal, Brown, 349
  Vegetables, 110
Catsup, Tomato, 715–716
Cauliflower, 15, 30
  au Gratin, 419
  Baked, 417
    and Mushrooms, 417
  Creamed, 419
  Fried Flowers of, 419–420
  Greens, 419
  Hollandaise, 419
  Pudding, 418
  with Diced Turnips, 417–418
Caviar, 233
Celeriac, 428
  Brown, 428
  Dried, 721
Celery, 37, 215, 233
  and Cheese au Gratin, 421
  Bouillon, 248
  Club Style, 420
  Creamed, 421
    on Ham Toast, 421
  Curls, 421
  Dried, 722
  Escalloped, with Cheese, 671
  Fried Tips of, 422
  Jelly, 422
  Sticks, Roquefort, 672
    Sardine, 238–239
Cellulose, 18
Cereals,
  2, 6, 12–13, 18, 159–169
  Bread and Nut, 210
  Bread Breakfast, 210
  Cooking of, 12
  Denatured, 16
  General Directions for Cooking, 159–160
Chafing Dish, 123–127
  Menus for, 125–126
  Serving Meals with, 126–127
  Uses for, 124–125
  Utensils for, 123–124
Charlotte, 539–541
  Pineapple Bread, 531
  Russe,
    Apple, 540–541
    Blackberry, 540
    Chocolate Filling, 540

Charlotte, *continued*
    Pineapple, 541
    Plain Filling, 540
    Raspberry, 541
Checkerberries, 452
  Crystallized, 657
Cheese, 2, 7–8, 31, 73, 661–673
  and Bread Pudding, 212
    Lima Bean Roll, 671
    Tomato and Bread Stew, 213
  as Meat Substitute, 661–662
  Baked, 668–669
  Balls and Prunes, 667
    Moulded, 672
  Cookery of, 11, 661–662
  Cottage, 672
  Crackers, Rich, 671
  Cream, 2, 31
  Custard Macaroni, 668
  Digestibility of, 11, 661–662
  Dreams, 670
  Dutch, 672
  Escalloped, 5
    with Celery, 671
  Food value of, 661–662
  Kinds of, 662
  Menus with, 663–666
  Milk, Full, 2
  Moulds, 670
  Omelet, 181
  Parmesan on Canned Asparagus, 438
  Pastries, 642
  Pimento, 672
  Pudding, English, 667
  Puffs, 668
  Sauce, 668
  Service of, 666–667
  Soufflé, 184
  Sticks, 642
  Toast, 668, 670–671
  with Apples, 149
    Scrambled Eggs, 176
Chemistry,
  of Cookery, 1–26
    Food, 1–26
Cherries,
  Dried, 723
  Home-Made Maraschino, 714
  Preserved, 703–704
  Sweet Pickled, 714
Chestnuts,
  Bisque of, 261
  Browned, 418
    with Mushrooms, 418–419
  Purée, 419
  with Brussels Sprouts, 418
Chicken, 322, 366–372
  à la King, 387
  à la Martin, 386
  and Celery in Rolls, 386
  Boned à la Royale, 371
  Bouillon, Iced, 248–249
  Broiled, 8, 367
  Broth, 681
  Canned, 698
  Casserole, Plain, 369
    Southern Style, 369–370
    Spanish, 370
  Creamed with Asparagus, 386
  Fricassee, 368–369
  Fried, 369
  Glacé, Cold, 371–372
  Italian, 371
  Klopps, 385–386
  Loaf, 384–385
  Maryland, 370–371
  Minced, 385
  Mousse Loaf, 372
  Old-Fashioned Pot Pie, 368
  Pot Pourrie, 370
  Potted, 368
  Roast, 366–367
    under Gas, 367
  Savory, 385
  Soufflé, 186
  Steamed, 366
  Stew with Dumplings, 367–368
  Stuffing à la Royale, 371
  Wiggle, 384
Chilaly, 670
Children,
  Coffee for, 135
  Food Requirements of, 22–23
  Meals for, 40–49
Chili Con Carne, 336–337
  Sauce, 4, 716
China, Choosing, 117
Chives Butter, 500
Chocolate, 136
  Acorns, 653

Chocolate, *continued*
  Creams and Confections, 648–649
  Creole, 136
  Dipping, 647–648
  Frozen, 568
  Hot, 136
  in Diet, 33
  Maple, 649
  Marshmallows, 649
  Sweet, 2, 14, 33
Chops,
  Baked Pork with Apples, 337
  Broiled in Paper, 684
  Fish, 275
  Halibut, 308–309
  Lamb, 8, 343–345
  Mutton, 346
  Oyster, 278
  Pork, 321
  Veal, Breaded, 351
Chop Suey, 383
Chow Chow, 112
Chowder, 265–268
  Codfish, 267–268
    Salt, 268
  Corn, 266
    Green and Lima Bean, 267
  Mexican, 267
  Salmon, 265
  Vegetable, 266
  White Kidney Bean, 266
Christmas Joys, 656–657
  Loaf, 649–650
Chutney, Apple, 714–715
  Tomato, 715
Cider, 68
Cinnamon,
  Ground, 72
  Loaf, 198
  Noodles, 166
  Stick, 72
Clams, 233
  à la Crème, 282
  Bouillon of, 680
  Canned, 699
  Cocktail, 237
  Sauté on Toast, 282
  Savory, 281
Cleansers, 2
Cloves, Whole, 71
Cocktails, 233–236
Cocktails, *continued*
  Aspic, 239
  Clam, 237
    and Grapefruit, 237
  Crab Flake, 236
  Cucumber, 239
  Fenway, 649
  Fish, 233
  Fruit, 151–154
  Grapefruit, 239
  Orange Mint, 153
  Oyster, 236
  Scallop, 237
  Tuna Fish, 238
  Vegetable, 233, 239
Cocoa, 2, 136
Cocoanut, Squares, 610–611
  Jumbles, 612
  Kisses, 639
  Rusks, 203
Codfish, 8
  Baked Crumbed, 274
    Fillets, 274
    Slices of, 275
  Batter Cakes, 295–296
  Breaded, 275–276
  Brown on Biscuit, 292–293
  Salt,
    Cooking of, 292
    Creamed, 293
      with Hard-Cooked Eggs, 293
    Fried, 294
    Hash-Browned, 294
    Soufflé of, 187
    with Baked Eggs, 294
Coffee, 2, 5, 18, 134–135
  After-Dinner, 135
  Bavarian, 552
  Black, 31
  Cake, German, 208
  Cereal, 135–136
  Drops, 651
  Egg Shake, 138
  Iced, 137
  Percolator, 135
  Powdered, 135
  Sponge, 546
  Soufflé, 187
  Taster's Method, 135
Compote,
  Apricot, 520
  Peach, 520

Compote, *continued*
  Pineapple, 520
Cold Dip, 688
Cold Pack, 688
Condiments, 4
Conserves, 699–710
  and Cheese Sticks, 672–673
  Cranberry, 703
  Fig, 703
Consommé, 246
  Jellied Canned, 248
Cookery of
  Custards, 9
  Desserts, 9
  Eggs, 9
  Fish, 9–10
  Protein, 8–9
  Vegetables, 11, 404–412
Cookies,
  Bran, 617–618
  Honey Drop, 614
  Molasses Drop, 614
  Olive Oil Drop, 615
  Peanut Oil Drop, 615
  Scotch Nut, 617
  Seed, Old-Time, 618
  Sugar, Plain, 618
  Thin Chocolate, 613
Cooking by Steam, 111–115
  Breads, 115
  Desserts, 115
  Fish, 114–115
  Fruits, 114
  Meats, 114
  Utensils for, 111–113
  Vegetables, 115
Coriander, 73
Corn, 2, 12, 15
  Bread, Suet, 231
  Green, 224–225
  Omelet, 182
  Sweet, 12
    Dried, 721
Cornmeal, 15, 18, 224
  and Wheat Bread, 206
  and White Bread, 198
  Gruel, 679
  Muffins, 206
Corn Oysters, 425
Corn Ramekins, 425
Corn Starch, 12,
  see Puddings
Cowslips, 30, 450
Crabs,
  Boiling, 288
  Devilled, 288
  Dressing, 288
  Fried Soft Shell, 289
  Meat of, Flakes, 288–289
    Timbales, 289
Crackers, 12
  Cornmeal, 231–232
  Marshmallow, 613
  Whole Wheat, 7
Cranberry,
  Ade, 142
  and Raisin Tart, 636–637
  Dumplings, 526
  in Diet, 37
  Punch, 141
Cranberries, 655–656
Cream, 2, 12, 33
  Bavarian, 2, 14, 542
  Beating, 560
  Frozen Whipped, 567
    Ginger Whipped, 567
    Peach Whipped, 570
  Honey Whipped, 561
  in Diet, 33
  Light, 5
  Sour, Omelet, 180
  Spanish, 545, 686
    Caramel, 545
  Whipped, Flavoring, 560–561
Creams, General Directions for, 542
Crisps, Afternoon, 613
Croquettes, 14–15
  Banana, 310
  Cheese, 307
  Chicken, 309
  Corn, 306
  Egg, 307
  Egging and Crumbing, 303
  General Recipe for, 305
  Lentil, 307
  Meat and Apple, 306
  Nut, 7
  Oyster, 308
  Potato, 305
    and Cheese, 305
    and Ham, 305
    and Nut, 305
    en Surprise, 305
    Sweet, 306
  Peach, Dried, and Rice, 310

Croquettes, *continued*
  Rice, Plain, 309
    Sweet, 310
  Salmon, 308
  Shad Roe, 308
  Shaping, 304–305
  Sweetbread, 306
  Tuna Fish, 307–308
  Veal, 309
Croustades, Bread, 216–217
Croutons, 217
  Crumbs, 7, 209–210
Cucumbers, 2, 15
  Baked Stuffed, 428
  Creamed, 427–428
  Fried, 427
Cupful, To Measure, 131
Cups, Fruit, 151–154
  Banana, 153
  Cantaloupe, 154
  Fig, 154
  Grapefruit, I, II, III, 152–153
  Prune and Orange, 153
  Rose, 581
  Summer, 154
  Violet, 582
  Watermelon, 153
Curd, 9
Currant,
  Bread, 200
  Dumplings, 526
  Rolls, 204
Curry, 73
Custard,
  Baked, 685
    Caramel, 517
    Chocolate, 517
    Cocoanut, 518
    Coffee, 511
    Corn, Canned, 425
    Egg, 7, 8
    Farm, 424
    Macaroni, 163
    Orange-Rice, 515
    Plain, 516
    Renversée, 517
  Banana, 570
  Bread and Chicken, 683
  Soft Caramel, 516
    Cooked, I and II, 514
Cutlets,
  Lobster, 284–285
  Veal, Breaded, 531

D

Dandelions, 30, 450
Date Bread, 199
Dates, Stuffed, 659
Desserts, 64, 510–554
  Cereal and Bread, 518–522
  Cockery of, 9
  Cooking, by Steam, 115
  Corn Starch, 511–514
  Custard, 514–518
  for the Dinner Pail, 50–53
  Frozen, 562–582
  Fruit Loaves and Bettys, 530–531
  Gelatine, Moulds for, 543
  Gelatines, Sponges, and Bavarian Creams, 542
  of a Cake Nature, 522–527
  Steamed Puddings for, 531–541
  Tapioca, 527–530
  with Baking Powder Foundation, 522–539
    Cake Foundation, 536–539
Diet,
  Concentrated, 7
  Convalescent, 674–676
  Fall, 35–39
  Light, 674–676
  Liquid, 674–676
  Maternity, 16–17, 678
  Mixed, 2
  Spring, 27–32
  Summer, 32–35
  Winter, 35–39
Digestibility of foods, 8
Dill, 70
Dinner,
  Boiled, 330
  Children's, 45
  Home, 107
  Menus, 56, 61–63
  Planning, 56, 61–63
Diseases from Protein, 6
Dissolvents, 2, 18–19
Dock,
  Narrow, 448–449
  Root, 447
Doughnuts, 14–15, 304, 310–315
  Raised, 314
  Sour Milk, 314

Doughnuts, *continued*
  Sweet Milk, 313
Drinks,
  Cold, 136–143
  Iced, in the Diet, 35
Drops,
  Coffee, 651
  Peppermint, 650
  Wintergreen, 650–651
Drying,
  Equipment for, 717
  Fruits, 717–722
  General Methods of, 713, 718–719
  Vegetables, 717–722
Duck, 372–373
  "Blind," 318
  Brown, 373
  Roast, 372
    under Gas Flame, 367
  Smothered, 373
Dumplings, 222
  Baked Apple, 524
    Fruit, 524
    Pear, 524
    Rhubarb and Pineapple, 524
    Strawberry, 525
  Bread and Suet, 215
  Cranberry, 526
  Currant, 526
  Oyster Forcemeat, 375
  Steamed Apple, 525

E

Eclairs, 643
Eel, Stewed, 285
Egg and Bread Salad, 214
Egg Broth, 680
Egg Beaters, 170
Egg Dishes, Savory, 170–187
Egg Malted Milk, 138
Egg Nest, 683
Egg Nog, 683
Egg-Plant,
  as food, 2, 15
  Fried with Creamed Corn, 413
  Plain Fried, 413
  Stewed, 413
  Stuffed, 413–414
Egg Shake, Coffee, 138
Eggs, 170–187
  as food, 2, 6–7, 14–15, 26, 31
  au Gratin, 174–175
  Asparagus, 172
  Baked, 3, 5
    and Mashed Potatoes, 174
    in Tomato Sauce, 173
    with Creamed Potatoes, 173–174
  Beating, 170–171
  Benedict, 172
  Boiled, 170–171
  Coddled, 8
  Cookery of, 9
  Creole, 173
  Croquettes, 170
  Curried, 174
  Fried, 9, 14, 170, 177
  Hard-Boiled, 171
    Cooked, 31
  Poached, 8, 170–171
    in Broth, 171
  on Milk Toast, 171
    Tomato Toast, 172
  Scrambled, 8, 9, 170, 175
    over Hot Water, 177
    with Asparagus, 176
    Bacon, 176
    Cheese, 176
    Cream Sauce and Onions, 175
    Crumbs, 211
    Green Peppers, 176
    Ham, 175
    Ham or Dried Beef, 176
    Left-Over Creamed Onions, 176
    Mushrooms, 176
    Tomato, 175–176
  Shirred, 170, 173
    with Crumbs, 211
  Spanish, 177
  Testing, 170
Electricity, Cooking by, 91–95
Enamelware, 74–77
Endive, 37–38
English Monkey, 69
Esthetic Foods, 4
Evaporating,
  Equipment for, 717
  Fruits, 717–722
  General Directions for, 718–719

Evaporating, *continued*
  Vegetables, 717–722

F

Fats, 2–5
  Beef, 5
  Clarifying of, 300–301
  Cookery of, 14
  Digestibility of, 14–15
  Flank, 318–319
  for Frying, 15, 300
  How to Fry in Deep, 303–304
  Place in Menu, 13–15
  Preparation of, 13–15
  Prevention of Soaking of, 302–303
  Rendering, Beef, 300
  Requirements in Diet, 22–23, 26
  Trying out Beef, 300
    Chicken, 301
  Using Savory, 301
  Utensils for Frying, 301
  When to Fry in Deep Fat, 301–302
Fern, Brake, 451
Figs, 2, 15, 17, 654
  Baked, 157
  Filling, 624
  Jellied, 548–549
  Marshmallow, 157–158
  Soufflé, 187
  Stewed, 158
Fillings, 620–629
  Banana, 628
  Chocolate Cream, 628
    Jelly, 629
  Cocoanut Cream, 628
  Coffee Cream, 628
  Cream, 628
  Fig, 624
  Orange, 627–628
  Orange-Date, 628
  Peach, 627
  Pineapple, 626
  Tutti Fruti, 627
Finnan Haddie,
  Baked in Milk, 298
  Broiled with Cream Sauce, 298
  Newburg, 299
  with Puffed Potato, 299
    Tomatoes, 298–299
Fireless Cookers, 10, 189, 441
  How to Use, 103–105
  Principles of, 101–105
  Saving of Fuel with, 101–102
  Time Table for, 102–103
  Utensils for, 103
Fires, in Coal Range, 87
Fish, 2, 7–10, 14, 266–299
  Baking, 272–273
  Bisque, 262
  Boiling, 271–272
  Broiling, 271–272
  Chops, Baked, 275
  Cleaning and Dressing, 269–270
  Cooking of, 269
    by Steam, 114
  Creamed on Toast, 277
  Frying, 270–271
    in Deep Fat, 270
  Salt and Smoked, 292–299
  Sautéing, 270–271
  Steaming, 272
  Stuffing for, 286
  What to Serve with, 64
Fish-Balls, 290
  Tuna, 238
Fish-Cakes, 290
Float, 515
  Raspberry, 515
  Strawberry, 515
Floating Island, 514–515
  Chocolate, 515
Flounder, Fried Fillet of, 286
Flour,
  Bread, 192
  Gruel, 679
  Pastry, 630
  Unrobbed, 190–191
  White, 16, 191
  Whole Wheat, 190–191
Fondant,
  Quick, 647
  White, 646–647
Foods,
  Acid, 15–19
  Amount of, 20–23
  Ballast, 15–19, 30
  Bulky, 2, 4, 30
  Caloric Value of, 19–26
  Children's, 4–6
  Classification of, 2–3

Foods, *continued*
  Combinations of, 9
  Concentrated, 18
  Cost of, 1, 4–5
  Digestibility of, 8
  Dissolvent, 2–3
  Esthetic, 4
  Fine Art of Combining, 24–65
  Frying of, 300–315
  Fuel, 2
  Grease-cooked, 14, 27
  Mineral, 15–19
  Muscle-Makers, 2
  Predigested, 8
  Quantity of, 4–5
  Requirements of, 4–5, 21–23
  Reserve-Force, 2
  Values of, Table of, 23–25
  Variety of, 2
Frappés, 570–575
  Cider, 575
  Coffee, 575
  Cranberry, 574
  Ginger Ale, 547
  Mint, 575
French Dressing, 14
Fritters, 2, 14–15, 310–315
  Apple, 311
  Ball, 313
  Banana, 311
  Batter for, 310–311
  Bread, 216, 304
  Clam, 313
  Corn, 312–313
  Cranberry, 312
  Graham Drop, 312
  Prunes, 311
  Sponge Banana, 312
Frostings, 2
  Apple, 626–627
  Boiled, 624
    Butter, 624
    Caramel, 625–626
    Chocolate, 624
    Coffee, 625
    Orange, 625
  Caramel Nut, 626
  Confectioner's, 622
  Double Chocolate and White, 625
  Fig, 624–625
  Lemon, 623
Frostings, *continued*
  Marshmallow, 625
  Mocha, 624
  Orange, 623
  Ornamental, 623–624
  Pineapple, 626
  Plain Chocolate, 622
  Raisin, 622
  Raspberry, 622
  Snow, 623
  Strawberry, 622
  Vinegar, 623
  Walnut Cream, 625
Fruit Cups, 233
    Drinks, 3, 18
    Dumplings, 524
    Tart, 641
Fruits, 144–158
  Canning, 692–695
  Cooking, 17, 156
  Digestibility of, 17
  Dried, 155–158
  Fresh, 3, 15
  Glacé, 657
  in Diet, 34–35, 37
  Juices of, Canning, 707–708
  Methods for Drying and Evaporating, 707–708
  Preparing for Serving, 144
  Sour, 4
  Steam Cooking of, 114
  Stewed, 2, 12–13
  Sun-Dried, Preserved, 704–705
  Tonic Value of, 17
  Watery, 3, 18
Frying, 300–315
  Fish, 9–10
  in Deep Fat, 15
  Time Table for, 302
Fudge, 627, 650
  Chocolate, 652–653
  Fair, 653
  Ginger, 653
  Marshmallow, 627, 653–654
  White Cocoanut, 653
Fuses, 94

G

Game, 362–379
  Canned, 698
  Food value of, 2, 7
  What to Serve with, 62–63

Gelatines, Food Value of, 3, 18
  General Directions for, 542
  Grapefruit, 550
  Preparing Moulds for, 543
  Rhubarb, 550
Ginger,
  Bavarian, 552–553
  Candied, 656
  Crystallized, 4
  Nuts, Frosted, 614
Gingerbread, Soft, 223
Gingersnaps, 611
Glassware, 75–77
  Choice of, 117
Gluten Bread, 196–197
Goose, Roast, 373–374
Graham Bread, Quick, 230
      Ginger, 230
      Unkneaded, 196
    Biscuits, 201
Grape Butter, 706–707
Grapefruit, 31, 37, 233
  Carpels of, 145, 233
  Cup, I, II, III, 152–153
  Jelly, Menus for, 54–55
  Preparation of, 156
  Punch, 141
  with Tokay Grapes, 146
Grape Juice, 68
  Bavarian, 553–554
  Hot, 142
  Punch, 141
Grapes, 144
  Dipped Chocolate, 649
  Frosted, 148
  Spiced, 714
Gravy,
  Food value of, 2, 14
  Making, 326–327
Greens,
  Food value of, 2, 15
Griddle Cakes,
  Bread Crumb, 223–224
  Cooking of, 219–220
  Cornmeal, 224
  Entire Wheat, 224
  Green Corn, 224–225
  Plain, 223
  Rice, 224
Gruels,
  Barley, 678–679
  Cornmeal, 679
  Flour, 679
Gruels, *continued*
  General Rules for, 678
  Oatmeal, 679
Guinea Chicken, Planked, 377

H

Haddock,
  Baked Crumbed, 274
    Fillets of, 274
    Slices of, 275
  Matelote of, 277–278
Halibut,
  Baked Crumbed, 274
    Fillets of, 274
    Slices of, 275
  Casserole, of, 274–275
  Digestibility of, 8
  Fillets of, 273–274
  Soufflé of, 186
  Smoked, Pilau, 297
    en Casserole, 298
      Crème, 297–298
      Ramekins, 297
  with Oysters, 273
Ham,
  and Bread Timbales, 212
  Baked Hash, 379–380
    in Milk, 360
    Virginia, 358
  Boiled, 357–358
  Braised, 359
  Buying, 321
  Fat, 214
  Fried with Milk Gravy, 360
  in a Casserole of Vegetables, 440
  Pan-Broiled Boiled, 358
    with Cream Sauce, 359
  Planked, Easter Style, 360
  Pot Roast of, 359
  Roasted with Grape Juice, 358–359
  with Scrambled Eggs, 176
    Stuffed Eggs, 175
Hasenpeffer, 379
Hash, 379
  Baked Ham, 379–380
  Timbales, 379
Hearts,
  Beef, 320
  Calves', Smothered in Onions 354

Herbs, 66–67
  Bouquet of, 70
  Dried, 722
  Fines, 70
Herring, Devilled, 295
Hominy,
  and Nut Roll, 161
  Fried, 161
  Muffins, 206
  Omelet, 161
Honey,
  Food value of, 2, 12–13
  Quince, 706
  Horseradish, 71

I

Ice-Box, 82–83
Ice Cream,
  Baked Apple Sauce, 570
  Banana Pecan, 564
  Caramel, 569
    Almond, 569
  Chocolate, 568–669
  Cocoa, 564
  Coffee, 569–570
  Croquettes, 565
  Eclairs, 567–568
  Food value of, 2, 14
  Freezing of, 562–563
  French, 565
  Frozen Pudding, 566–567
    Whipped, 567
  Grape Nut, 564
  in Diet, 32–33
  Junket, 567, 685
  Maple, 568
  Marshmallow, 566
  Moulding, 563–564
  Peach, 566
  Peppermint, 564
  Philadelphia, 564
    Fruit, 564
  Pistachio, 567
  Sour Cream, 565
  Strawberry I and II, 565–566
Iced Drinks, 32–33
Ices, College, 579–582
  in the Diet, 32–33
Ices, Water, 570–575
  see Water Ices
  Apricot, 571
  Currant, 571
Ices, Water, *continued*
  Dried Apricot, 574–575
  Grape Juice, 571–572
  Lemon, 571
  Orange, 570
  Raspberry, 571
  Strawberry, 571
Icings, 620–629
  Boiled Maple Walnut, 626
  Cocoanut, 623
  Maple, 624
  Quick Coffee, 623
  Rich Chocolate, 622
Indigestion, from Fruits and Starch, 17
Invalid Cookery, 674–686
  Service, 674–686
Invalids, Feeding of, 675–678
Iron, 16, 30
Ironware, 75, 77

J

Jam, 699–710
  and Bread Pudding, 215
  Blackberry, 700
  Cherry, 700
  Gooseberry, 700–701
  Dried Apricot, 158, 701
    Peach, 701
  Loganberry, 700
  Raspberry, 700
  Strawberry, 700
Jelly,
  Aspic, 327
  Bread, 214–215
  Caramel Coffee, 543–544
  Cider, 544
  Coffee, 543
  Lemon, 543
  Making, 708–710
  Mixed Fruit, 549
  Quick Mint, 544
  Orange, 543
    and Date, 543
  Tart, Food value of, 4
Johnny Cake, Eggless, 226
Junket, 510, 684
  Food value of, 7
  Caramel, 685
  Cocoa, 684–685
  Ice Cream, 567, 685

K

Kalarabi, Dried, 721
Ketchup, 4, see Catsup
Kidneys,
  Beef, 318–319
  Creole Style, 338–339
  Devilled, 339
Kilowatt Hour, 95
Kitchen,
  Arrangement of 74–84
  Cabinet, 80
  Equipment of, 74–84
  Furnishings of, 78
  Ice-Box for, 82–83
  Plumbing, 81
  Range, 82
  Size of, 79
  Slate for, 83–84
  Table for, 81
  Utensils for, 74
Klopps,
  Chicken, 385–386
  Salmon, 290
Kumquats,
  Candied, 656
  Preserved, 705

L

Lady Fingers, 613
Lamb, 2, 7, 342–347
  Baked Chops, 345
  Breaded Chops, 345–346
    Forequarter, 343–344
  Broiled Chops, 344
  Buying of, 320–327
  Canned, 698
  Casserole of, 347
  Chops, Pan-Broiled, 344–345
    with Gravy, 5
      Peas, 345
  Crown Roast of, 342
  Cutting of, 320–321
  Fricassee of, 347
  Minced with Tomato, 383
  Pasty, 344
  "Pluck" of, 321
  Roast Leg of, 342
      under Gas, 342
  Stew, 346–347
  Stuffed, 345
    Forequarter, 343
  What to Serve with, 62
Lard, 15,
Leeks, Dried, 721–722
Left-Overs, 108–109
Legumes, 441–446
Lemon, Butter, 499
  Juice, 4, 14, 31
  Plain Soufflé, 187
Lemonade, 138, 682
  Oatmeal, 682
  Pineapple, 139
Lemons, 31, 37
  Baked, 31
Lentils, 2, 7, 8, 16
  Baked, 446
  Cookery of, 11
Lettuce, 30, 37
  Creamed, 439
  Wilted, 439
Light, Pilot, 95
Lime, 16–17
Linen, Choosing, 116–117
Liquids, 2–3, 45
Liver,
  à la McAlpin, 353
  Broiled, and Bacon, 352
  en Casserole, 353
  Fried, and Bacon, 352
    with Onions, 352–353
  in Potato and Rice Border, 383
  Terrapin, 382
  with Olive Sauce, 353
Loaf,
  Asparagus, 438
  Bread and Nut, 212
  Christmas, 649–650
  Cinnamon, 198
  Fruit and Bread, 531
  Oyster, 278
  Salmon, 291
  White Fish, 289
Lobster Butter, 500
  Soufflé, 186
Lobsters, 282–285
  Baked Live, 283
  Boiling, 282–283
  Broiled Live, 283
  Buttered, 283
  Chafing-Dish Style, 284–285
  Cutlets, 284
  Farci, 284
  Opening, 282
  Savory, 283–284

Loganberries, Preparation of, 148
Loganberry Ade, 139
Luncheons,
  "Company," 107
  Menus for, 5
  Planning, 56, 59–61
  School, 46–49

M

Macaroni, 2, 11–12
  Baked with Hamburg, 337–338
  Brooklyn Style, 163
  Custard, 163
  on Toast, 163
  Plain, 161–162
  Winchester, 162–163
  with Asparagus, 162
    Tomatoes, 162
Macaroon Bisque, 578
Macaroons,
  Oatmeal, 618
  Pistachio, 616
Mace, 72
Mackerel,
  Baked in Milk, 285
  Planked, 287
  Salt,
    Broiled, 295
    Cooking of, 292
    in Milk, 295
Mangoes, 712–713
Marguerites, 607
  Saltine, 616
  Whole Wheat, 607, 617
Marjoram, 71
Marmalades, 699–710
  Grape, 701
  Kumquat, 702
  Orange, 702
  Peach, 702
  Pineapple, 701–702
Marshmallows, Chocolate, 649
May Baskets, 541
Mayonnaise, 2, 14, 460
Meal, Whole Wheat, 15, 18, 190
Meals,
  Children's 40–49
  Planning, 54–55
  Serving, 116–122
Meals, Serving, *continued*
    "Company" with a Maid, 119–121
      without a Maid, 121–122
    without a Maid, 116–119
  Short-Cut Preparation of, 96–115
Measurements, 131–132
Meat, 26, 33, 316–389
  and Bread Pie, 214
  Boiling, 325
  Braising, 326
  Buying on Basis of Calories, 322–324
  Canned, 698
  Cheaper Cuts of, 318
  Chopped, 319
  Cookery of, 19–11
    General Directions of, 324–327
  Corning, 318
  Cuts of, 317
  en Casserole, 326
  Fried, 8
  Grades of, 316
  Gravy-Making for, 326–327
  How to Buy, 316–324
  in Diet, 33
  Made Dishes of, 8
  Mince, 642–643
    Lemon, 643
  Oven-Roasting of, 324–325
  Pan-Broiling, 324
  Pot-Roasting, 326
  Roasting under Gas Flame, 325
  Steam Cooking of, 14
  Stewing, 336
  Substitutes, 7, 33
  Three Times a Day, 7
  Variations in the Price of, 320
Melons, 12
Menus, 5
  Breakfast, 56–59
  Dinner, 57, 61–65
    Pail, 52–53
  For a Week, 98–99
  Luncheon, 56, 59–61
    Chafing-Dish, 126
    School, 48–49
  Oven Meals, 107–108
  Supper, 56, 59–61

Menus, *continued*
    After-Theatre, 126
    Sunday Night, 125
  with Cheese, 664
Meringue,
  for Pies and Puddings, 632–633
  Fruit, 536
  Orange, 537
  Shells, 619
  Strawberry, 527
Milk, 2, 6–8, 26
  Albumin, 683
  Partially Digested, 681
  Peptonized, 681
  Malted, and Egg, 682
    Egg Nog, 683
  Shakes, Chocolate, 137
  Skimmed, 2, 18
  Sour, Neutralization of, 218
  Thickened, 679
Milkweed, 447
Minerals, 2–5, 15–19, 26
Mint, 70, 451–452
  After-Dinner, 652
  Leaves, Crystallized, 657
  Minced, 5
Molasses, 12–13
  Barbadoes, 12
  Candy, Pulled, 654
  Taffy, 652
Mould, Blackberry, 513
  Blueberry, 513
Mousse, 2, 14, 575–579
  Chocolate, 579
  Nougat, 578–579
  Orange Nut, 579
  Packing and Freezing, 563
  Strawberry, 579
Muffins, 2, 12, 205, 218
  Apple, 228
  Blueberry, 225
  Bran, 226
  Buttermilk Bread, 216
  Cereal, 227
  Corn, Quick, 226
  Cornmeal, 205–206
  Currant Nut, 228
  Date, 226
  Entire Wheat, 227
  Graham, 227
  Hominy, 206
  Oatmeal, Raised, 206–207
Muffins, *continued*
  Rice, Quick, 227
    Raised, 207
  Rye, 228
  Sour Milk, 218
  Twin Mountain, 225
Muscle-Makers, 2–3
Mush,
  Cornmeal, Fried, 160
  Hunter's Style, 160–161
  Meat, Fried, 160
Mushrooms, 6, 8
  Dried Trimmings of, 71
  Escalloped, 430
  on Toast, 429
  with Bacon, 429-430
    Frizzled Dried Beef, 342
    Scrambled Eggs, 176
Mustard, 72, 451
Mutton, 2, 7
  Baked Chops, 346
  Boiled Leg of, 343
  Braised Leg of, 343
  Canned, 698
  Chops, Casserole, 346
  Minced with Tomatoes, 383
  What to Serve with, 62

N

Nasturtium Seeds, 67
  Pickled, 715
Nettles, 451
Noodles, 2, 12, 165
  and Tomato Sauce, 165
  Cinnamon, 166
  Creamed, 165
  Fried, I and II, 166
  in Cheese Sauce, 165–166
Nut and Bread Loaf, 212
Nut,
  Bread, 199
    Quick, 230–231
  Rolls, and Hominy, 161
Nutmeg, 72
Nuts,
  Digestibility of, 8
  Food value of, 2, 7, 14, 18, 31
  Glacé, 657

O

Oatmeal, 7, 15, 18

Oatmeal, *continued*
    Gruel, 679
  Muffins, 206
Oats, 12
  Rolled, 16
Obesity, 13
Oil,
  as Seasoning, 31
  Corn, 2, 14–15
  Dressing, 5
  Olive, 2–3, 14–15
  Peanut, 2, 14–15, 31
  Salad, Selection of, 456
  Vegetable, 15
Oleomargarine, 14–15
Olives, as Seasonings, 67
  Green, 4
  Ripe, 2, 14
  Stuffed, 233
Omelets, 8, 9, 14, 170, 177–183
  Artichoke, 182
  Asparagus, 180–181
  Baked, 184
    Crumbed, 184
  Bread Crumbs, 211
  Cheese, 181
  Corn, 182
  Dried Beef, 181
  French, 178–179
  Friday, 181
  General Directions for, 178
  Hominy, 161
  Orange, 182
  Pineapple, 182–183
  Plain, 178–179
  Potato, 401–402
  Puffy, 178–179
  Rolled French, 179
  Sour Cream, 180
  Spanish, 180
  Swedish, 180
Onions, 15, 30, 68
  à la Tripe, 414
  and Fried Liver, 352–353
  Baked, 415
    and Tomatoes, 414
    Stuffed, 414
  Creamed, 415
  Dried, 721–722
  Escalloped, 415–416
  French Fried, 415
  Left-Over Creamed with Scrambled Eggs, 176
Onions, *continued*
  Smothered with Calves' Hearts, 354
  with Escalloped Tomato, 429
    Pickled Beets, 429
    Stewed Tomatoes, 429
  Young, in Cream Sauce, 415
Orangeade, 139, 682
  Syrup, 138
Orange and Prune Cup, 153
  Fanchonettes, 641
  Omelets, 182
  Rice Bavarian, 550–551
  Rolls, 204
Oranges, 31, 37, 144
  au Naturel, 145
  Carpels, 145
  Compote, 145
  en Casserole, 145
  Flower Fashion, 144
  Sections, 144
  Sliced in Jelly, 5
    Pullman Fashion, 145
  Sour, 4
  to Eat with Spoon, 144
Oyster and Veal Pie, 349
  Bouillon, 262
  Filling for Patties, 278–279
  Forcemeat Dumplings, 375
  Loaves, 278
  Pasty, 279–280
  Pies, 279
  Plant,
    Creamed, 423
  Escalloped, 424
  Soup, French, 263
  Stew, 265
Oysters,
  and Celery Stew, 263
  Brown, 281
  Canned, 699
  Chops, 278
  Devilled, 280–281
  Digestibility of, 8
  Escalloped, 280
  Fried, 280
  Panned, 279
  Raw, 233
  Sauté, with Celery, 279
Oxidation, 12, 16

P

Pan-Broiling, 11
Pancakes, 233
Parfaits, 2, 14, 575–579
  Caramel, 577
  Coffee, 577–578
  Fig, 576
  Garden, 577
  Maple, 575–576
  Packing and Freezing, 563
  Pineapple, 576–577
  Snow, 576
Parsley, 37–38, 70
  Dried, 722
Parsnips,
  Baked, 5
  Baked in Stock, 416
  Buttered, 416
  Cakes, 416
  Creamed on Toast, 417
  Dried, 721
Paste,
  Anchovy, 233
  Mint, Turkish, 659-660
  Puffs, 633
  Short Biscuit, 634–635
Pastry, 2, 14, 630–643
  Bag and Tubes, 621–622
  Cheese, 642
  Flaky, 634
  Flour, 630
  French, 633
  Short Cut, 634
Patty Shells, 633–634
Peach Butter, 706–707
  Hominy Ramekins, 521
Peaches,
  Bavarian, 551
  Dried, 722
  Halved Stuffed, 148–149
  Serving, 148
  Sweet Pickled, 713
Peanut Brittle, 651–652
Peanuts, 14
  Bisque, 260–261
  Salted, 7, 658
  with Sweet Potatoes, 407
Peas, 7
  Cookery of, 11
  Cow with Brown Rice, 442
    Roast Pork, 442
  Creamed, 43
Peas, *continued*
  Dried, 2, 8,
  Green, 431
    Dried, 721
  Soup, 606
  Stewed, Italian, 446
Pears,
  Baked Dumplings, 524
  Coddled, 140
  Dried, 723
  Jellied, 548
  Preserved with Ginger, 703
  Stewed Dried, 158
  Sweet Pickled, 713
Pecans, Salted, 658
Pectin, Testing Fruit for, 708–709
Peel,
  Candied Grapefruit, 655
    Orange, 655
Peppermint Drops, 651
Peppers,
  Green, 4
    with Scrambled Eggs, 176
  Shredded, 5
  Stuffed with Brown Rice, 431
    Creamed Cabbage, 433
    Nuts, 431
Pheasant, with Oysters, 378
Phosphorus, 16–17, 30–31
Picalilli, 711
Pickles, 4
  Green Tomato, 711
  Sour Cucumber, 710
  Spiced, Mixed, 711
  Stuffed Vegetable, 712–713
  Sweet Green Tomato, 711
  Vegetable, 711
Pickling, 710–716
  Brine for, 710
Pigeons, Casserole of Stuffed, 375
  Pie of, 375–376
Pigweed, 450
Pie, 12, 27
  Apple, 635
    Upside Down, 525
  Astrakan Apple Custard, 625
  Baking, 632
  Beef and Tomato, 380

Pie, *continued*
  Berry, General Directions for, 637
  Bread and Meat, 214
  Butterscotch, 638
  Chocolate Cream, 640
  Cocoanut Custard, 640–641
  Country, 440
  Cream, 640
    Fruit, 639
  Custard, 639
  Double Apple, 635
  Lemon Meringue, 637–638
    Sponge, 638
  Meringues for, 635
  Mince, 29, 639
  Old-Fashioned Pork, 356
  Peach Custard, 636
  Pineapple, 638
  Pumpkin, 639
    Little, 639–640
  Putting together, 630–632
  Rabbit, 378
  Rhubarb,
    and Raisin, 636
    Plain, 636
  Squash, 640
  Upside Down,
    Apple, 525
    Currant, 525
    Individual, 525
    Peach, 525
    Raspberry, 525
Pimento Butter, 500
Pimentoes, 4
  and Rice au Gratin, 167
Pineapple, 32
  and Fruit, 147
    Rhubarb Dumplings, 524
  au Naturel, 147
  Crystallized, 656
  Omelet, 182–183
  Sweetened, 147
Plantain, 449
"Pluck" of Lamb, 321
Plum Butter, 706–707
Plums, Stewed with Chestnuts, 151
Plumbing, 81
Pop-Corn Balls, 655
  Maple, 655
Popovers, 5, 225
Pork, 8, 14,
Pork, *continued*
  and Veal Loaf, 350
  Chops, 27
    Baked with Apples, 357
    en Casserole, 356–457
    Sauté, 356
  Fat, 2
  Lean, 2, 7
  Pie, Old-Fashioned, 351
  Products, 321
  Roast, 27, 356
    Boned Shoulder, 356
    Casserole of, 381
    with Cow Peas, 442
  Salt, with Stewed Kidney Beans, 444
  Sliced, Creole, 357
  What to Serve with, 62–63
Potassium, 30
Potatoes, 2, 7, 397–407
  Adolph's Stuffed with Ham, 398
  Baked, 397–398
    Rocky Mountain Style, 398
    Stuffed, 398
  Baked Sausage with, 361
  Boiled, 399
  Browned Pimento, 400
  Buttered, 399
  Composition of, 397
  Cookery of, 12, 397
  Creamed, 405
    au Gratin, 406
    Lyonnaise, 405
    with Baked Eggs, 173–174
  Curried, 401
  Delmonico, 405
    with Cream Roll, 405–406
  Duchess, 400
  Escalloped, 403
    Cooked with Cheese, 403
    with Bacon, 403
  Franconia, 404
    Quick, 404
  French Fried, 402
  Hash-Brown, 400–401
    with Ham, 401
    with Nuts, 401
  Hungarian, 399
  Lyonnaise, 403–404
    Italian, 404
  Mashed, 400
    with Baked Eggs, 174

Potatoes, *continued*
  New with Creamed Eggs, 399
  O'Brien, 399-400
  Omelet of, 401-402
  On Half-Shell, 684
  Pancakes, 402
  Puffs, 402
  Scones, 402
  Selection of, 397
  Soufflé of, 184-185
  Steamed, 398
  Stew with Cheese, 404-405
  Straws, 402-403
  Stuffed with Sausage, 361
  Sweet, 12
    Boiled, 406
    Broiled, 406
    Brown Mashed, 407
    French Fried, 406
    Glacé, 407
    Maple, 407
    Steamed, 406
    Sugared, 407
    with Bacon, 407
      Peanuts, 407
  White, 12
Potato Balls, French, 404
Pot-Roasting, 326
Poultry, 2, 7, 322, 363-379
  Chicken, 366-372
  Dressing for Broiling, 363
  Duck, 372-373
  Giblets and Feet of, 364
  Goose, 373-374
  How to Clean, 362-363
    Know Fresh, 322
  Stuffing for, 365-366
  Trussing and Stuffing, 363-364
  Turkey, 374
  What to Serve with, 63
Pralines, Cocoanut, 654
Preserves, 12-13
  Baked Plum, 706
    Strawberry, 705-706
  Green Tomato, 704
  Yellow Tomato, 703
Preserving, 687-724
Pretzels, 207-208
Processing, 689
Proteins, 2-5 22-23, 26
Proteins, *continued*
  Cookery of, 8-9
  Place in Menu, 6-11
  Preparation of, 6-11
Prune Bread, 230
Prunes, 2, 15, 17
  Jellied, 548
  Pickled, 157
  Stewed, 156
  Stuffed, 659
  Thickened, 513-514
  and Cheese Balls, 667
    Orange Cup, 153
Pudding,
  Arrowroot, 12
  Baked Almond, 538
    Gingerbread, 538
  Banana, 537
  Blackberry Mould, 513
  Blueberry Mould, 513
  Bread and Cheese, 212
  Cake, 537-538
  Cereal, 2, 12, 520-521
  Chocolate Bread, 518
  Christmas, 532
  Cocoanut Bread, 519
  Coffee, 520
  Corn Starch, 2, 12
      Chocolate, 512
      Coffee, 512
      Lemon, 512
      Plain, 513
      Raspberry, 513
      Rhubarb, 513
      Strawberry, 512
      White, 511-512
  Cream of Rice, 686
  Creamy Rice, 521
  Date and Nut, 538
  Eggless Bread, 215
  Egg and Milk, 31
  English Cheese, 667
  Fig Bread, 518
  Frozen, 566-567
  Fruit,
    French, 532
    Rich, 533
  Hunter's, 533
  Indian Tapioca, 529
  Lemon, 518-519
    Rice, 520
  Little Date, 534

Pudding, *continued*
    Fig, 534
  Meat and Bread, 214
  Meringue for, 632–633
  Mocha, 526–527
  Mock Indian, 519
  Orange Soufflé, 536
  Pineapple, 31
  Prune, 526
    Thickened, 513–514
  St. Patrick's, 544–545
  Snow, 547
  Soft Lemon Fruit, 513
  Sponge Bread, 519
  Steamed,
    Blueberry, 535
    Bread and Jam, 215
    Cranberry, 535
    Date, 533
    Graham, 534
  Suet, 2, 12, 531–532
  Tapioca, 2, 12
  Yorkshire, 223
Puffs,
  Cheese, 668
  Cottage, 527
  Cream, 643
  Snow, 535
  Steamed,
    Blackberry, 536
    Blueberry, 536
    Chocolate, 535–536
    Cranberry, 536
Pumpkin,
  as a Vegetable, 430
  Fried, 430
  Steamed, 430
Punch,
  Apricot, 142
  Cranberry, 141
  Fruit, 142–143
    Colonial, 142
  Grape, 141
  Grapefruit, 141
  Picnic, 141
  Turkish, 141
  Varsity, 141
Purées, 242
  Chestnut, 419
  of Dried Canned Vegetables, 696
Purslane, 448

Q

Quince,
  Butter, 706–707
  Honey, 706

R

Rabbit Pie, 378
Radish, Roses of, Tulips, 436
Radishes, 15, 16
  Creamed, 437
Raisin and Cranberry Tart, 636–637
  Clusters, Stuffed, 659
Ranges, 82, 85–88
  Coal, 85–88
  Combination, 88–91
  Electric, 91–95
  Gas, 88–91
  Kerosene, 91
Rarebit,
  Chinese, 699
  Cooking, 11
  Food value of, 3
  Tomato, 669-670
  Welsh, 669
Ration,
  Balanced, 1–6, 20
Raspberries, 144
  Preparation of, 148
  Preserved, 704–705
Raspberry Ade, 139
  Bavarian, 551
Refrigerators, 82–83
Relish, Corn and Bean, 715
Rhubarb, 2, 15, 31–32
  and Pineapple Dumplings, 524
  Baked, 149
  Spiced, 714
  Tart, 636
Rhubarbade, 140
Rice, 12, 13, 31
  and Beef-Balls, 380
    Meat Loaf, 383
    Orange Bavarian, 550–551
    Pimentoes au Gratin, 167
  Blanching, 166
  Boiled, 5
  Bread, 191
    Unkneaded, 199
  Brown, 15–16

Rice, *continued*
  Buttered, 166
  Cakes, 169
    Sweet, 169
  Curry of, 166–167
  Moulded Brown, 169
  Polished, 16
  Raised, Muffins, 207
  Savory, 167
    with Milk, 168–169
  with Onions and Peppers, 167–168
Risotto alla Milanese, 168
  with Crabs or Shrimps, 168
Roasting, 11
  Oven, 324–325
  Pot, 326
  Under Gas Flame, 325
Rolls,
  Apricot, 523
  Chocolate Sponge, 589
  Clover Leaf, 205
  French, 202
  Fruit, 523
  Hominy and Nut, 161
  Jelly, 589
  Little Currant, 204
  Marmalade, 221
  Old-Time Hot Short, 208
  Orange, 204
  Prune Fruit, 524
  Quick, 221
    Cinnamon, 221
  Raisin, 524
  Savory, 221
  Strawberry Fruit, 523–524
  Swedish, 202
  Sweet, 202–203
  Walnut, 221
Romaine, 30
Rusks, Cocoanut, 203
Rye, 12
  Bread, 191
    Unkneaded, 197
  Clover Leaf Biscuits, 203–204

S

Sage, 71
Salad Plants, 2, 15, 30
Salad Dressings, 2, 14, 31, 457–463
Salad Dressings, *continued*
    Bar le Duc, 460
    Boiled, Cheap, 461
      Oil, 462
    Buttermilk, 462
    Cheese, Cream, 459
    Cranberry Jelly, 460
    Cream, Honey, 463
      Cream Sour, 463
      Sour Uncooked, 460
      Sweet, 463
      Whipped, 459
    Cucumber, 459
    Currant Jelly, 460
    Curry, 462
    English, 458
    for Vegetable Salads, 464
    French, 456–458
      California, 458
      in Quantity, 457–458
      Pepper, 458
    Honey, 460
    Italian, 458–459
    Mayonnaise, Quick, 460
    Milk, Sour, 462
    Peanut Butter, 462
    Radish, 460
    Rich, 461
    Roquefort, 459
    Russian, 461
    Thousand Island, 461
Salads,
  Albany, 482
  Alligator Pear, 479
    Apple, Celery and Raisin, 483
  Asparagus,
    Bundle, 476
    Christmas Style, 475–476
    Luncheon, 476
  Autumn, 484
  Banana Ball, 482
    Boat, 483
  Beet and Cabbage, 475
  Black Susan, 483
  Bluefish, 488
  Cabbage, 473
  Canned Peach and Nut, 481
    Pear and Orange, 481
  Celery, 467
    and Fruit Jelly, 497

Salads, *continued*
    Cheese and Green Pepper, 474
    Nut and Cranberry, 475
      and Peppers, 475
  Cheese and Nut, 485
  Cherry and Nut, 478
  Chicken, 7, 485
    Garden Style, 485–486
    Individual Service, 485
  Chrysanthemum, 481–482
  Codfish, 488
  Cow Pea, 467
  Cranberry, 496
  Cranberry Fruit, 482
  Cucumber and Onion, 474
    Jelly, 496
  Dandelion, and Bacon, 473
  Date and Apple, 478
  Dressing at Table, 455–456
  Egg, 492–494
    and Bread, 214
      Green Pepper, 493
      Tomato, 492–493
    Plain, 494
    Stuffed, 493
  Endive Ring, 473
  Field, 472
  Fish, 488–492
  Fruit, 476–485
    Elite, 478
    Frozen, 484
    Plain, 477
  Grapefruit, 481
  Halibut, 488
  Ham and Lettuce, 485
  Harvest, 480–481
  Hawaiian, 477
  Herring and Potato, 488–489
  How to Crisp, 453–454
      Make, 453
      Prepare, 453–454
  in Diet, 34
  Jellied, 494–497
    Chicken, 497
    Crabmeat, 497
    Fruit, 496
    Ham, Celery, and Tomato, 495
    May Fruit, 494
    Salmon, 497
    Tomato, 494–495

Salads, *continued*
      Tapioca, 495
  Kidney Bean, 472
  Kumquat and Pear, 480
  Lamb with Asparagus, 486
  Lenten, 471–472
  Lettuce, 5
    Ribboned, 467
    Shredded, 467
    with Anchovy Dressing, 491
      Cheese and Pimentoes, 471
  Lima Bean, Fresh, 472
  Lobster, 489
    in Scallop Shells, 489
    Mousse, 489
  Los Angeles, 471
  Macaroni, 470
    and Ham, 470
    Vegetarian, 470–471
  Manhattan, 486
  May, 484
  Meat, 485–487
  Milady's 465
  Moulded, Cowslip, 474
    Dandelion, 474
    Spinach, 474
  Oil for, 456–457
  Oyster, 489–490
  Oyster Plant, 467
  Peanut and Potato, 494
  Pepper, Stuffed, 490
  Pimento, 467
  Pineapple, Fresh, 479
    Pullman Style, 479–480
  Porcupine, 480
  Potato,
    Egg and Radish, 469
    New York Style, 468–469
    Plain, 468
  Preparing Ingredients for, 454–455
  Prune and Tangerine, 479
  Radish and New Onion, 467–468
  Red Cabbage and Celery, 468
      and Pepper, 473
  Rhubarb and Canned Pear, 478–479
  Rice, Brown, 470
      and Chicken, 470

Salads, *continued*
      and Nut, 470
  Roe, 490
  "Roll Mop," 492
  Salmon and Green Pea, 490–491
    Tolland, 491
  Salsify, 467
  Sardine, Individual, 491
  Shrimp, 490
  Soy Bean, 467
  Spinach, 466
  Spring, 466
  Strawberry, 477
  Stuffed Egg and Pimento, 493–494
  Tomato à la Crab Flakes, 492
    and Sardine, 465
    Aspic, 494–495
    Cheese, 464
    Cream, 465
    Shamrock, 466
    Spanish, 465–466
    Stuffed, 465
    Yellow and Chestnuts, 464
  Tongue and Green Pea, 487
  Tuna Fish, 491–492
  Turban, 487
  Veal and Egg, 487
  Vegetable, 463–476
  Waldorf, 483–484
Sally Lunn,
    Quick, 229
    Raised, 207
Salmon, 8
  Broiled Smoked, 295
      Casserole of, 295–296
  Creamed on Toast, 29
  Klopps, 290
  Loaf, 291
  Smoked, Chartreuse, 296
    Devilled, 296
  Soufflé, 186
  Turban of, 296–297
Salsify, Dried, 721
Salt, Celery, 68
  Onion, 68
Samp, 12
  with Fried Soy Beans, 442
      Soy Beans, 442
Sandwiches, 498–509
  Bacon, Hot, 502
Sandwiches, *continued*
  Banana Salad, 504
    and Honey, 507
  Celery, 505–506
  Cheese and Nut, 506
      Tomato, 506
  Chicken, 502
  Chocolate, Sweet, 508
  Club, 501
    Baked Bean, 501
    Mock, 501
    Orange, 509
    Vegetable, 501
  Cranberry, 507
  Date, 509
    and Ginger, 509
  Egg Salad, 502–503
  for School Luncheons, 48–49
  Fruit Cheese, 507–508
  Ham and Jelly, 502
      Minced Egg, 502
  Heart, 505
  Lettuce, 504
  Making, 498–499
  Melba, 508
  Noisette Cheese, 507
  Olive and Egg, 503
  Onion and Celery, 505
  Orange, 508
  Pepper, Green, and Onion, 505
  Pimento, 506
  Pineapple, 507
  Piquant, 502
  Raisin and Peanut Butter, 508
  Savory, 506
  Serving, 499
  Shrimp, 503
  Spinach, 504
  Sponge Cake, 509
  Strawberry, 507
  Sweet, 498–499
  Tart, 503
  Tea-Room, 504–505
  Toasted, 500
    Chicken, 500
    Salmon, 500
  Welsh Rarebit, 504
Sardine Butter, 500
Sardines, 8,
  Italian Style, 338

Sauce, 2
  Apple, 148–149
  Apricot, 555
  Apricot, Hot, 559
  Asparagus, 393
  as Seasonings, 68–69
  Bechamel, 391
    with Mushrooms, 391
    Yellow, 391
  Bread, 396
  Brown, 390, 556
  Butter, Drawn, 391
  Caper, 391
  Caramel, 557
    Almond, 557
  Celery for Chicken Fricassee, 393
  Cheese, 11, 395, 668
  Chili, 716
  Chocolate, Rich, 560
  Cranberry, 555
  Cream, 14
  Creole, 394
  Custard, 556
  Egg, 393
    Hard, 555
  Flemish, 396
  Foamy Hot, 556–557
  for Beef and Tongue, 330–331
  Fruit, Foamy, 557
  Ginger, 556
  Grape, Foamy, 556
  Grape Juice for Ham, 393–394
  Hard, 14
    Plain, 555
  Hollandaise, 396
  Horseradish, 391–392
  Lemon, 558
    Egg, 558–559
  Maple, 558
  Marshmallow, Golden, 557
  Mint, 395
  Molasses, 558
  Mousseline, 395
  Mushroom, Brown, 391
  Nut, 395
  Olive, 392
    Brown, 392
  Orange, Foamy, 556
  Oyster, 394–395
  Parsley for Fish, 394
Sauce, *continued*
  Peach, Hard, 555
  Pepper, Green, 393
    German, 394
  Pineapple, 559
  Raisin, 5, 558
  Raspberry, 559
  Savory, 388–396
  Shrimp, 395
  Spanish, 392–393
  Strawberry, 555, 557
    Hot, 559
  Sweet, 555
  Tartare, 396
  Tomato, 392
    Chutney, 715
  Vanilla, 558
  White, 1, 2, 3, 389
  2, 12, 27, 360–361
Sausage,
  and Potato, 361
  Baked, 360
  Farm House, 361
  in Diet, 38
  Potatoes Stuffed with, 361
  Simmered, 361
Sautéing, 15
  Fish, 270–271
Savory,
  Bread, 213
  Dishes, 7
  Sauce, 388–396
Scalding, 688
Scallops,
  au Gratin, 276–277
  Devilled, 276
  Fried, 276
Seasonings, 66–73
Shad, Planked, 287
Shells, Meringue, 619
Sherbets, 2–3, 18, 570–575
  Ginger, 572
  Grape, 673
  Grapefruit, 573
  Lemon, 571
    Milk, 572
  Peach and Blood Orange, 572
  Pineapple, 572
  Raspberry, 573
  Rhubarb, 573
Short Bread, Scotch, 616
Shortcake, 14
  Asparagus, 429

Shortcake, *continued*
  Biscuit, 522
  Fruit, Plain, 523
    Sweet, 522
  Strawberry, 523
  Sweet, 522
Shrimps,
  Japanese, 291
  Pie, 292
  Tomatoes, Stuffed with, 291
Silver, Choosing, 117
Slaw, Cabbage, 5
  Cabbage and Celery, 473
  Cold, 473–474
  Hot, 435–436
Smelts, Baked Stuffed, 285
Snow Basket, 590
Socket, 95
Soda, Baking, in Vegetables, 11
Sole, Baked Fillets of, 286
  Fillets, Greek Style, 286–287
Sorbet, Apricot, 574
  Ginger, 139
Sorrel, 449
Soufflés, 170, 183–187
  Cheese, 7, 184
  Chicken, 186
  Codfish, Salt, 186–187
  Coffee, 187
  Crumb, Baked, 184
  Fig, 187
  General Directions for, 183
  Halibut, 186
  Lemon, Plain, 187
  Lobster, 186
  Omelet, 184
  Potato, 184
  Salmon, 186
  Spinach, 185
  Tomato, 185
  Yellow-Eyed Bean, 185
Soups, 7, 11, 240–268
  à la Crecy, 253–254
  Asparagus, Cream of, 257
  Bean, Baked, 249
    Cream of, 259
    Dried, Canned, 696–697
    White, 249
  Bisque, 242, 262
    Black Bean, 260
    Chestnut, 261
    Fish, 262
Soups, *continued*
    Lima Bean, 261
    Macaroon, 578
    Peanut, 260–261
    Tomato, 255–256
  Bouillon, Beef, 246
    Celery, 268
    Clam, 262–263
    Court, 263
    Oyster, 263
    Tomato, 247–248
  Cabbage, Swedish, 250
  Cauliflower, Thick, 353
  Celery,
    and Oyster, 265
    Cream of, 252, 257
      Rich, 257–258
  Chestnut, 251
  Chicken, Cream of, 252–253
  Chives, 259
  Clam, Cream of, 264
  Clear, 242–244, 246–248
  Consommé, 246
    Jellied, Canned, 248
      Chicken, 248–249
    Iced Veal, 249
  Cream, 240–242
    with Stock, 252–253
    without Stock, 255–260
  Cress, Cream of, 31, 252–253
  Cucumber, 255
  Fruit, 154–155
    General Directions for, 155
  Italian, 251
  Lentil, 256–257
  Lettuce, Cream of, 31, 254–255
  Milk, 2, 7, 18
  Mock Turtle, 250–251
  Mushroom, 255
  Onion, 254
  Oxtail, Thick, 342
  Oyster,
    Bouillon, 262
    Cream of, 262
    Fancy, 263
    French, 263
    Stew, 265
  Oyster Plant, 258–259
  Pea, Dried Canned, 646
    Green, Cream of, 250
    Split, 256
  Potato, Cream of, 259

- Soups, *continued*
  - Pumpkin, Cream of, 258
  - Purées, 242
    - Bean, Black, 260
      - Lima, 260
    - Chestnut, 261
    - Peanut, 260–261
    - Rice, Milk, 680–681
    - Salmon, Cream of, 263
    - Scallop, Cream of, 264
    - Spinach, Cream of, 31, 256
    - Squash, Cream of, 258
    - Stock, 2–3, 18, 31, 244–250
    - Brown, 246–247
    - Canned, 695–696
      - Vegetable, 696
    - Clearing, 245
    - Substantial, 249–252
    - Veal, Cream of, 254
    - Vegetable, Clear, 251
    - White, 247
- Spaghetti, 2, 12
  - Alla Genoese, 165
  - Garden Style, 164–165
  - Italian, 164
    - with Meat Sauce, 164
  - with Broiled Ham, 164
    - Red Kidney Beans, 443
- Spices, 10
- Spinach, 2, 15–16, 30–31
  - Creamed, 440
  - Plain, 439–440
  - Soufflé, 185
  - Ways to Serve, 30
- Sponges,
  - Coffee, 517
  - Cranberry, 546–547
  - General Directions for, 542
  - Grape, 545
  - Strawberry, 545
- Spoonful, To Measure, 131–132
- Spritbakelser, 617
- Squash, 12
  - Baked, 423
    - Stuffed Summer, 423
  - Fried Summer, 423
  - Muffins, Raised, 206
  - Steamed Winter, 422, 423
  - Summer, Dried, 722
- Squirrel,
  - Casserole of, 378
  - Stew, 377–378
- Starch, Cookery of, 12
  - Foods, 2–5, 12, 38, 56
- Steak, 8, 14
  - Braised, Stuffed, 335
  - Broiled, 334
  - Flank, 318
  - Hamburg, 337
    - with Baked Macaroni, 337–338
  - Pan-Broiled, 334
  - Pie, 336
  - Planked, 334
  - Potted, 335
  - Round, Italian, 334–335
  - Swiss, 335–336
  - Veal, Italian, 351–352
- Steaming Fish, 272
- Steelware, 77
- Sterilizing, 689
- Stewing, Meat, 326
- Stews, 8
  - Bread, Tomato and Cheese, 203
  - Celery with Oyster, 265
  - Oyster, 680
  - Potato with Cheese, 404–405
  - Squirrel, 377–378
- Stock-Pot, 244–245
- Stoves, Gas, 89–91
- Strawberry, Bavarian, 551
  - Dumpling, 525
- Strawberries, 16, 144, 549
  - au Naturel, 148
  - Baked Preserved, 705–706
  - Chocolate Dipped, 649
  - Frozen, 574
  - Italian, 148
  - Preserved, 704–705
- Strudel, Apple, 641
- Stuffing for Birds, 365–366
    - Bread, 365
    - Chestnut, 365
    - Chicken, à la Royale, 371
    - Malaga, 366
    - Peanut for Duck, 366
    - Potato and Walnut for Goose, 366
    - Prune, 365
  - for Fish, 286
- Succotash, Old-Fashioned, 424
- Suet and Bread Dumplings, 215
- Sugar, 3, 16, 33
  - To Caramelize, 68

Sulphur, 30–31
Sundaes, 579–582
  Apple Sauce, 580
  Baked Apple, 580
  Banana, 581
  Charlotte Russe, 580–581
  Chocolate, 580
    Nut, 580
    Peppermint, 580
  Daisy, 581
  Figolette, 582
  Fudge, 581
  Ginger, 581
  Maple, 580
    Cocoanut, 582
    Nut, 580
  Marshmallow, Creamed, 580
  Orange Marmalade, 581
  Peach, Stuffed, 582
  Raisiné, 582
Sponge Cake, 581
Supper Menus, 5, 56, 59–61
    After Theater, 126
    for Children, 46
    Sunday Night, 125
Surprise,
  Cream Puff, 582
  Malaga Fruit, 549–550
Sweetbreads, and Mushroom Ramekins, 355
  Breaded, 355
  Broiled, 354
  Lenten Style, 355
  Timbales, 354–355
Sweets, as Food, 2–5, 7, 12, 27, 53
Switch, 94
Syrup,
  Chocolate, 137
  Coffee, 137
  Corn, 12
  Lemon, 138
  Maple, 138
    with Baked Apples, 150
  Orangeade, 138
  Pineapple, 138
  Stock, 137
  Vanilla, 138

T

Tabasco, 69
Table,
  of Food Values, 23–25
  Time for Cooking Vegetables, 412
      Canning, 692
      Fireless Cookers, 102-103
      Frying, 302
  Setting the, 117–118
Taffy, Molasses, 652
Tapioca,
  Apple, 528
  Baked, Caramel, 527–528
  Chocolate, 530
  Coffee, 529
    Moulded, 530
  Cream, 529–530
  Fig, 686
  Lemon, 528
  Peach, 528
Tarragon, 71, 716
Tart,
  Cranberry and Raisin, 636–637
  Fruit, 641
  Rhubarb, 636
Tea, 2, 5, 18, 133
  Afternoon, 134
  Beef, 680
  Iced, 134
  Making, 133–134
Tenderloins, of Beef, Stanley, 337
Terminals, 95
Thermometer,
  How to Use the Bread, 189
  Sugar, 646
Thyme, 71
Tile-Fish, Baked, 276
Timbales,
  Bread and Ham, 212
  Ham, 379
  Swedish, 314–315
Tinware, 75, 77
Toast, 7
  Cinnamon, 232
  French, 231
  Milk with Poached Eggs, 171
  Tomato with Poached Eggs, 172
Tolland Cup, 143
Tomato,
  Bisque, 255–256
  Bouillon, 247–248

Tomato, *continued*
  Bread and Cheese Stew, 217
  Butter, 706–707
  Catsup, 715–716
  Chutney, Sauce, 715
  Soufflé, 185
Tomatoes, 2
  as Seasonings, 68
  Baked Stuffed, 427
    with Bacon, 427
      Frizzled Dried Beef, 427
  Escalloped with Onions, 426
      Whole Wheat Bread Crumbs, 426
  Fried, 426–427
  Mexican, 426
  Stewed with Onions, 426
  Stuffed with Shrimps, 291
  Thickened, 425
  with White Kidney Beans, 444
Tongue, Boiled Pickled, 330
    German Style, 330–331
  Creamed, 381
  Jellied, 331–332
  Potted, 331
Tripe, 8
  Batter for, 340–341
  Broiled, 340
  Creole, 341
  Curried, 341
  Fried in Batter, 340–341
Trout,
  à la Game Club, 288
  Baked in Milk, 287–288
Turkey, 322
  Boiled, 374
    with Oyster Forcemeat, 374
  Roast, 374
  Trot, 384
Turnips,
  Diced Yellow, 416
  in Beef Broth, 416
Turnovers,
  Fruit, 637
  Meat, 637

U

Unit, 94
Utensils,
  Aluminum, 76
  Canning, 687–688
Utensils, *continued*
  Casserole, 105–106
  Chafing Dish, 123–124
  Cooking by Steam, 111–113
  Drying, 717
  Evaporating, 717
  Fireless Cooking, 103
  Frying, 301
  Glassware, 75–77
  Kitchen, 74
  Making Cake, 583–584
  Wire, 77
  Woodenware, 77

V

Veal,
  and Oyster Pie, 349
    Pork Loaf, 350
  Baked Chops, 351
  Bouillon, Iced, 249
  Breaded, Cutlets, 351
  Brown en Casserole, 349
  Buying of, 321
  Canned, 698
  Cutting of, 321
  Digestibility of, 8
  Food value of, 7–8
  Fricandelles of, 349–350
  Fricassee of, 348
  in Ramekins, 381
  Mexican Style, 352
  Pie, 348–349
  Pot Roast of, 350
  Pressed, 350
  Rechauffé of, 352
  Roast, 347–348
    under Gas Flame, 348
  Steak, Italian, 351–352
  Stew, 348
  What to Serve with, 62
Vegetables, 408–446
  as food, 10, 12, 15–16, 26
  Canning, 690–692
  Casserole of, with Ham, 440
  Composition of, 409
  Cookery of, 11, 404–412
  Dried, 441–446
  Drying of, 717–722
  Evaporation of, 717–722
  Fresh, Food value of, 3, 30
  in the Diet, 33–34, 37–38
  Pulp of, Canned, 677

Vegetables, *continued*
  Seasoning of, 411
  Starchy, 2
  Steam Cooking of, 115
  Substitute for Meat, 411–412
  Sweet Pickled, 713
  Time Table for Cooking, 412
  Watery, 3, 15, 18
  Woody, 12
Vermicelli, 12
Vinegar, 14, 31
  Celery, 716
  Chervil, 716
  Garlic, 716
  Herb, 67–68, 716
  Mint, 76
  Nasturtium, 716
  Sour Pickling, 710–711
  Sweet Pickling, 711
  Tarragon, 716
Vitamins, 26, 191

W

Wafers,
  Lemon, 612
  Nut, 612
  Old-Fashioned Jelly, 657–658
  Rolled Ginger, 615
    Marshmallow, 615
    Nut, 615
Waffles, 225
Walnuts, Roast Salted, 658–659
Water,
  Amount to Drink, 18–19, 26, 32
Water, *continued*
  Barley, 681–682
  Ices, 3, 18, see Ices
Watercress, 30–31, 37
  Butter, 499
Watermelon Cup, 153
Weeds, Edible, 447–452
Wheat,
  Cracked, 5–6
  Food value of, 12, 16
  Entire, Bread, 196
Whey, 2, 681
Whips, 539–541
  Apple, 539
  Apricot, 539
  Cherry, 539
  Fig, 540
  Prune, 540
  Raspberry, 539
  Strawberry, 539
Whisk, Wire, 170–171
Wintergreen, 452
  Drops, 650–651
Wireware, 77
Woodchuck, Clover Style, 376
Woodenware, 77
Worcestershire, 69

Y

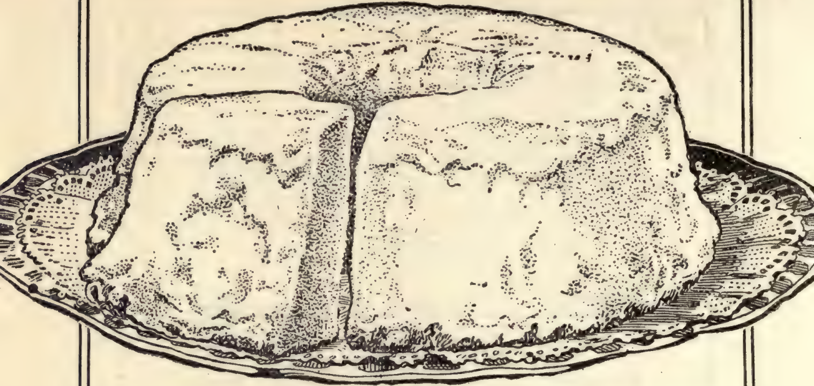
Yeast, 188
  Breads, 188–217
  Compressed, How to Use, 189–190
  Dry, 190

To the American Housewife

THESE pages of advertising have been added as an after thought. I find, as I go on my way lecturing to hundreds of thousands of women, that it is not enough to say, "Use so much of a certain product, or such and such an amount of some other commodity." They immediately ask, "What kind is best, purest and most economical?"

And so we have added these suggestive products, all of which are pure according to the Westfield standard,—the highest standard of pure idealism that has ever been established. From the chemical side the foods are perfect; from the practical side they give excellent results. Any kitchen equipment which you will find here has been tested and not found wanting.

Ida C. Bailey Allen



Good Cake Is Easy to Make

Just follow instructions in this book. Mrs. Allen, Mrs. Rorer, Mrs. McKenzie Hill and other experts use and recommend

SWANS DOWN CAKE FLOUR

You will never know just how good a cake you can make until you use SWANS DOWN CAKE FLOUR.

Eat plenty of Cake—It has more food value than Bread

If your grocer can not supply you, write us

IGLEHEART BROTHERS
Evansville, Ind.
Established 1856

Golden Rule Flavoring Extracts

were awarded the Gold Medal at the Panama-Pacific Exposition, San Francisco, 1915. As is well known, the competition at this exposition represented the entire world, and it should be very gratifying to the thousands of users of **Golden Rule Flavorings** to know that this award has been bestowed upon these extracts. This award is not only evidence of absolute purity, but is evidence of that which is often of far more importance, *i. e.*, the *highest quality.*

¶ The steadily increasing use of **Golden Rule Flavorings** is additional evidence that these flavorings are unsurpassed for *purity*, *strength*, *flavor*, and last, but not least, *lasting quality.* They have won the approval of practically every user who has tried them, and in all the essential points that go to make a superfine extract, they are in a class by themselves; and while we call attention to the superior quality, we especially want to bring out the fact to the person who has never used them that, owing to our method of doing business direct with the consumer, they are sold to the user *at less than is paid for ordinary extracts.*

¶ **Golden Rule Flavorings** represent the last word in economy. The products most generally adulterated, misrepresented, misbranded, and misused are flavorings.

¶ **Golden Rule Flavorings** go farther, are truer in flavor, and contain a greater percentage of the desirable constituents than ninety-five per cent of the goods being sold. May be had in all flavors — the vanilla, lemon, orange, almond, and tropical fruits being especially large sellers.

> ¶ MRS. ALLEN *says:* "I have never seen so many fine extracts of unusual flavors as those sold by this firm. The price and quality of **Golden Rule Extracts** are made possible only by immense manufacturing operations and sale direct to you. They would have to be sold at almost double the price if sold through the regular broker-jobber-wholesaler-retailer-consumer channel."
>
> ¶ And further *says:* "If you are fond of the true orange flavor, try the **Golden Rule Orange Flavoring** in cakes, ices, in fact, in anything, and you will pronounce it superior to the flavor you are able to obtain from the natural fruit."

Golden Rule Pure Food Products are sold from our laboratories direct to you. A postal will bring a salesman.

The CITIZENS' WHOLESALE SUPPLY CO.
COLUMBUS, OHIO
The Golden Rule House

Beech-Nut Peanut Butter

BEECH-NUT PEANUT BUTTER is a household product that you should never be without. "But why Beech-Nut?" you ask. Because it is made from a blend of only the finest Spanish and Virginia nuts, roasted to a delicate brown, the bitter hearts removed, crushed to a rich, creamy paste, salted, packed in sterilized jars and protected by the original vacuum seal.

Beech-Nut Peanut Butter is rich in food value. In fact, a sandwich of Beech-Nut Peanut Butter is equal in Strength, Heat and Energy to a glass of full cream milk. Children like it and it satisfactorily solves the question, how to stop them from eating too many sweets. While in soups, cakes, bread and in many other recipes it is a delicious ingredient.

If you have never tried Beech-Nut Peanut Butter, do so at once. If you do you will never be without it. Other Beech-Nut Products of quality listed below.

Beech-Nut Packing Co.

CANAJOHARIE, N. Y.

Beech-Nut Bacon
Beech-Nut Conserves
Beech-Nut Chili Sauce
Beech-Nut Beef
Beech-Nut Catsup
Beech-Nut Oscar's Sauce

BEECH-NUT CONFECTIONS

Sold by the best grocers everywhere

Self-Freezing Ice Cream

TODAY'S method of making Ice Cream is automatic, accurate, economical. *There's no crank to turn — no labor —* simply fill the freezer and forget it until you want to serve the smooth, delicious ice cream it produces. Simplifies ice-cream making in the home. Small, compact, cleanly, sanitary — solid steel construction — *only three parts* — white enamel finish throughout. With the

Auto Vacuum Freezer

you can make and serve Ice Cream on the table. *Ideal for picnics and auto parties,* and so much more economical than the questionable ice cream sold by caterers. You *know* what is in ice cream made *at* home, and now you can enjoy its delights *in* the home.

6 Dish Size, $3.00

12 Dish Size, $4.00

Saves its price in the cost of ice

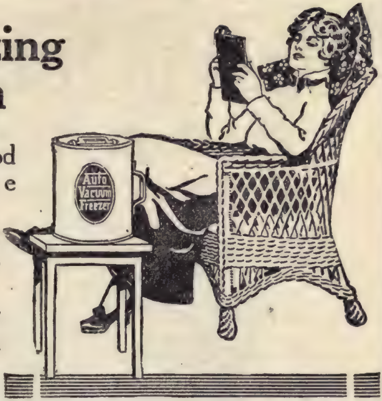
Virginia Carter Lee says that the Auto Vacuum Freezer, in her actual tests, saved its entire cost in seven months because she used only 3c worth of ice in the Auto Vac each time against 10c worth in the old-style crank freezers. This with Ice Cream made twice a week.

The Auto Vacuum Freezer appeal is Economy — a Saving in Time, Labor and Ice Consumption plus the most delicious Ice Cream and Frozen Desserts you ever tasted if you follow Marion Harris Neil's recipes.

MARIAN HARRIS NEIL has written the newest ice cream book. Mrs. Neil's Book is considered *standard*. Many improvements in Ice-Cream making are now possible by the AutoVacuum Method. Your copy sent FREE if you write *now* and mention your Dealer.

AUTO VACUUM FREEZER CO.

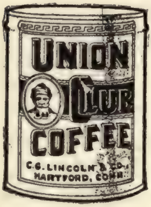
25 W. BROADWAY NEW YORK CITY

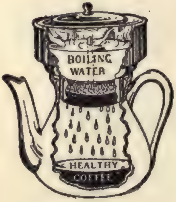


Union Club Coffee

Double X Ground
Free from Chaff

Endorsed by Food Experts


UNION
CLUB
COFFEE
C.G. LINCOLN & CO.
HARTFORD, CONN.


BOILING WATER
HEALTHY COFFEE

The TRICOLATOR
filters coffee through filter paper into a china pot

If your grocer does not handle

UNION CLUB COFFEE

send us his name and address. We will see that you are supplied

Write for Free Illustrated Booklet

The Pure Food Method of Coffee Making

CHARLES G. LINCOLN & CO., Inc.
HARTFORD, CONN.

Members National Coffee Roaster's Association

RYZON

THE PERFECT BAKING POWDER

RYZON
THE PERFECT BAKING POWDER
GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK
1 LB. NET
35 CENTS
RYZON
BAKING BOOK

PURE food experts, domestic science teachers and chefs of the leading hotels and clubs of America have heartily endorsed RYZON, The Perfect Baking Powder.

As all RYZON recipes are based on the scientific level measurement standard, RYZON is admirably adapted to Mrs. Allen's recipes in this book. Guesswork is eliminated in baking with RYZON.

You can secure additional baking recipes by using the RYZON Baking Book (priced at $1.00), which may be obtained free from your grocer when you make your first purchase of one pound of RYZON (35c). If your grocer does not supply you, send us $1.00 and you will receive a pound can of RYZON and the RYZON Baking Book postpaid.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

¶ With a supply of the various flavors of Jiffy-Jell on hand, numerous dainties are always at your command. Most of them are instantly prepared.

¶ The true fruit flavors of Jiffy-Jell cannot deteriorate because they are sealed in glass. Each package contains the liquid flavor in a separate glass vial. They are not scalded in making. You add the flavor when the jell has partly cooled.

Jiffy-Jell Lemon Pie

1 package Lemon **Jiffy-Jell**
1 or 2 egg yolks
1 baked pastry shell
1 or two egg whites

¶ Prepare **Jiffy-Jell** as directed on package, then pour mixture slowly onto the egg yolks well-beaten. When beginning to congeal, pour into the pastry shell and just before serving top with the egg whites, well beaten with four tablespoonfuls of powdered sugar and a drop of lemon extract. Any other flavor of **Jiffy-Jell** may be used in the same way as a fruity pie filler.

Jiffy-Jell Bavarian with Left-over Cake

1 package Pineapple or Orange **Jiffy-Jell**
1½ cupfuls crumbled cake crumbs, any kind
½ cupful cream whipped

¶ Prepare the **Jiffy-Jell** as directed on the package, using only one and a half cupfuls of boiling water. When this is beginning to congeal, stir in the crumbs and fold in the whipped cream. Pour into a mould, and when stiff, turn out and serve with or without any kind of fresh-sweetened or canned fruit.

Jiffy-Jellied Vegetables

1 package Lemon **Jiffy-Jell**
½ cupful peas
½ cupful diced cooked carrots
½ cupful chopped cabbage or celery
½ cupful corn (optional)
1 tablespoonful minced green pepper
Lettuce or cress
Mayonnaise or Boiled Salad Dressing
Balls of cottage cheese

¶ Prepare the **Jiffy-Jell** as directed on the package and when it is beginning to solidify stir in the vegetables. Transfer to individual moulds, and when stiff arrange with a garnish of the green, the mayonnaise, and the cheese.

Mint Aspic Salad

¶ Add two cups of boiling water to one package of Mint **Jiffy-Jell**. When partially cool add a sprig of parsley chopped very fine, one bay leaf, juice of one-half lemon, a dash of salt and red pepper, and one cup of diced cooked pineapple. Add Mint flavor in vial and congeal. Serve with mayonnaise topped with a crême-de-menthe cherry.

Mint Cherry Salad

¶ Dissolve one package of Mint **Jiffy-Jell** in 2 cups of boiling water; when nearly cold add the Mint flavor in vial, also 1 cup of white cherries (stoned and chopped) which have been well drained, 1 cup of pecan meats, 1 cup of marshmallows cut in quarters. Serve with mayonnaise and crême-de-menthe cherries.

Mint Apple Jelly

¶ When making apple jelly pour one pint of the jelly, just before it is ready to take from the fire, over a package of Mint **Jiffy-Jell**. Allow to cook slightly, then add the flavor in the vial. This produces an apple jelly with a delicious "new" flavor.

Orange Mint Dessert

¶ Prepare Orange **Jiffy-Jell** as directed on package, also a package of Mint **Jiffy Jell**. When it begins to congeal pour alternate layers into a mould, making two layers of Orange to one of Mint. Serve with whipped cream, sprinkled with crystallized mint leaves or with a cherry.

“Wear-Ever”

Aluminum Cooking Utensils

Save money and make your work easy

¶ They save money because they absorb the heat quickly and retain it. Place a “**Wear-Ever**” utensil over a flame of ordinary height. As soon as the food is thoroughly heated, turn down the flame, one-third or one-half. The food will continue to cook, and you will reduce your fuel bills.

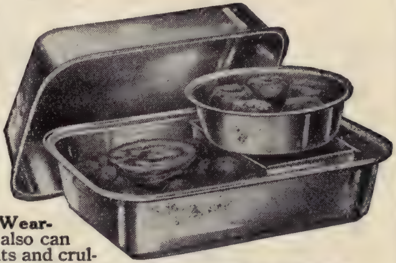
¶ Then, too, their wonderful durability eliminates the expense and annoyance of continually buying new cooking utensils. They cannot rust, chip, or crack.

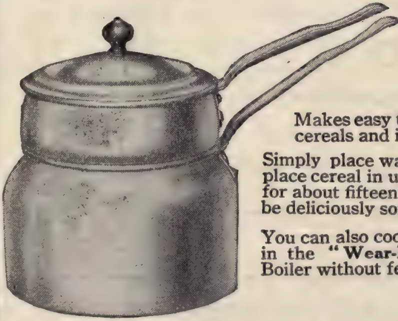
¶ They make your work easy because they are light to handle, require little or no stirring for even the most delicate foods, and are easy to keep clean.

“Wear-Ever”

Aluminum Roaster

Makes possible the preparation of an entire meal in oven or on top of stove; all at one time — a delicious roast, baked potatoes, macaroni, and even a dessert such as baked apples, rice pudding, etc. The “**Wear-Ever**” Aluminum Roaster also can be used for frying doughnuts and crullers, for baking bread, for steaming fruit, and as a bread or cake box.





“Wear-Ever”

Double Boiler

Makes easy the preparation of delicious cereals and insures perfect results.

Simply place water in the lower saucepan, place cereal in upper saucepan, and let boil for about fifteen minutes. The cereal will be deliciously soft and creamy.

You can also cook the most delicate sauces in the “**Wear-Ever**” Aluminum Double Boiler without fear of burning.

Replace utensils that wear out
with utensils that “Wear-Ever”

Sold by leading Department, House-furnishings and Hardware stores

THE ALUMINUM COOKING UTENSIL CO.
New Kensington, Pa.

Golden Rule Olive Oil

¶ **Golden Rule Olive Oil,** one of the finest oils coming to this market at a price easily within the range of the consumer.

> ¶ Mrs. Allen *says:* "Many say they 'do not like' Olive Oil, and yet they have never tasted the perfect product. **Golden Rule Olive Oil** is the best that can be obtained, and because it is good, is heavy, clear, and of very delicate flavor. It is always fresh, and so digestible that it can be given to the smallest child. In fact, my sturdy year-old son 'licks the spoon' when he has his daily ration of one teaspoon of **Golden Rule Olive Oil,** and his firm flesh and perfect digestion pay a tribute to this wonderful food."

¶ We can add nothing to this statement, except that we are sure your experience with **Golden Rule Olive Oil** will be the same as Mrs. Allen's.

¶ Olive Oil is becoming recognized more and more as the ideal food in many conditions, and the use of a pure, well-flavored oil is highly recommended.

Golden-Rule Marshmallow Creme

¶ This thoroughly useful preparation is a splendid aid in frostings, topping for chocolate, puddings, sauces, desserts, candy-making, etc. It is an ever-ready household help — a splendid thing to have on hand in an emergency, as it may be made to take the place of eggs, cream, milk, sugar, and syrup; it is pure, delicious, appetizing, and *economical.* A trial can will convince anyone of its wonderful possibilities.

¶ Highly recommended by Mrs. Allen as an aid in making both hot and cold cake frostings. Contains the whites of eggs, syrup, vegetable gums, and honey. *Pure and wholesome.*

Golden Rule Pure Food Products are sold from our laboratories direct to you. A postal will bring a salesman.

The CITIZENS' WHOLESALE SUPPLY CO.
COLUMBUS, OHIO
The Golden Rule House

DELICIOUS WHOLESOME NUTRITIOUS

JELKE
GOOD LUCK
MARGARINE

The Finest Spread for Bread

Use GOOD LUCK in any of the recipes in this book, but on account of the greater shortening value of GOOD LUCK use one fourth less than amount of butter specified. Takes the place of butter perfectly in cooking.

JOHN F. JELKE Co.
GOOD LUCK
OLEOMARGARINE

As a spread for bread
GOOD LUCK
is unequaled. Try it on your next slice of bread and be convinced.

Ask Your Dealer

If he cannot
supply you, write

JOHN F. JELKE COMPANY
CHICAGO

Golden Rule Spices

THE terms spices and condiments are applied to those articles which, while possessing in themselves no nutritious principles, are added to food to make it more palatable and to stimulate digestion. They are of exclusively vegetable origin, and occupy an important position in the diet of the human race.

¶ **Golden Rule Spices** represent the finest spices grown. They are selected from the highest-grade goods from all over the world. They must not only pass our standard for natural aromatic properties, but must also pass our standard for *quality of flavor.* Every housewife knows that many spices are almost tasteless, lack pungency, and deteriorate very rapidly. These conditions are due to the fact that the spices were poor and lacked quality at the time of picking. Spices are just like apples and are graded in exactly the same way, and to compare **Golden Rule Spices** with many others is like comparing a delicious, juicy Northern Spy apple with an ordinary Ben Davis. Both may be pure, but what a difference!

¶ Our Milling Department is one of the most complete and up-to-date in the country, and the man in charge of this department has had over thirty years' experience in spice milling. No inert spices, no exhausted spices, nor crude fiber strings are found in spices under the **Golden Rule** label. They represent all of the aromatic flavoring principles.

¶ Prof. LEWIS B. ALLYN, the famous Westfield pure-food expert, has said of **Golden Rule** goods:

> ¶ "After going rather deeply into the matter, we can state with pleasure that we have never examined a line of goods which rate as a whole, better than your **Golden Rule Products.**
>
> ¶ "Those that we have examined were not only legally pure, but were, what is of almost equal importance — of distinctly high grade. They rank sufficiently high to be given a place in our Pure Food Display.
>
> ¶ "The term '**Golden Rule**' is a good term to apply to these products."

¶ The high endorsement given by Prof. ALLYN is absolute proof of not only their purity, but their quality.

Golden Rule Pure Food Products are sold from our laboratories direct to you. A postal will bring a salesman.

The CITIZENS' WHOLESALE SUPPLY CO.
COLUMBUS, OHIO
The Golden Rule House

Fleischmann's Recipes

Can You Make Bread ?

THE measure of the good cook is the kind of bread she can make. Our latest cookery booklet, "Fleischmann's Recipes," tells how to make bread of several varieties, as well as rolls, buns, muffins, and other good things. Free copy sent you upon request.

THE FLEISCHMANN CO.
701 Washington Street NEW YORK, N. Y.

Send for COMPLETE DESCRIPTIVE CATALOGUE *of the books of*

Travel, Description and Adventure; Art, Music and Drama; History and Biography; Social Science and Politics; Belles-Lettres; Humor; Religion; Philosophy and Psychical Research; Poetry; Books of Fiction and Books for Boys and Girls.

Published by
SMALL, MAYNARD & COMPANY
BOSTON

Mrs. Ida C. Bailey Allen

Lecturer on
HOME ECONOMICS
DIETETICS & COOKING

Headliner, REDPATH CHAUTAUQUAS

◆

Single Lectures, or Lecture Courses for Clubs and other Organizations on such Topics as the following:

SHORT CUTS IN COOKERY
FEEDING FOR EFFICIENCY
POTATO PEELINGS AND PARSIMONY
MRS. UNCLE SAM WADES IN
THE AGE OF THE GOLDEN CALF
THE FINE ART OF ENTERTAINING
HOUSEKEEPING — A PROFESSION

For terms, open dates and other particulars, address

MRS. IDA C. BAILEY ALLEN
Care SMALL, MAYNARD & COMPANY
BOSTON, MASS.

MEMORANDA

MEMORANDA

14 DAY USE

RETURN TO → **MARIAN KOSHLAND BIOSCIENCE AND NATURAL RESOURCE LIBRARY**
2101 Valley Life Sciences Bldg. 642-2531

LOAN PERIOD
7 DAYS

ALL BOOKS MAY BE RECALLED AFTER 7 DAYS.

DUE AS STAMPED BELOW.

DUE
JAN 08 2007
SUBJECT TO RECALL

FORM NO. DD 8
24M 4-00

UNIVERSITY OF CALIFORNIA, BERKEL
Berkeley, California 94720–65

[illegible]

U.C. BERKELEY LIBRARIES
C027462434

THE
WHITE HOUSE
SAN FRANCISCO